$15.00

VOLUME 1 SUPPLEMENTS

TO THE

INDIVIDUAL REFERENCE FILE

OF EXTRACTS FROM

THE EDGAR CAYCE RECORDS

Volume 1

SUPPLEMENTS

to the

INDIVIDUAL REFERENCE FILE

OF EXTRACTS FROM THE EDGAR CAYCE RECORDS

Compiled by Gladys Davis Turner

Published Exclusively for
Members of the
Association for Research and Enlightenment, Inc.

Copyright © 1970 by the Association for Research and Enlightenment, Inc. All rights reserved. Printed by the A.R.E. Press in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission, except in the case of brief quotations embodied in critical articles and reviews. For information, address Association for Research and Enlightenment, Inc., P.O. Box 595, Virginia Beach, Virginia, 23451.

VOLUME I SUPPLEMENTS to the INDIVIDUAL REFERENCE FILE
from AUGUST 1957 through DECEMBER 1962

Indexed by Subject

SUBJECT	PAGE NOS.	DATE
Akashic Records	1–2	Apr. 1961
Alcoholism	3–4	Jan. 1958
	5–6	Apr. 1959
	7–8	Jul. 1962
Allergy	9–10	Aug. 1962
Atlantis: General	11–14	Aug. 1957
Science	15–18	Dec. 1957
Baby Care	19–20	Jan. 1958
Balanced Life	21–22	Jun. 1958
Baldness	23–24	May 1958
Bible Study & Interpretation	25–26	Apr. 1962
Business Advice	27–32	Jul. 1958
Common Cold	33–36	Oct. 1957
	37–38	Feb. 1961
Creation	39–40	Aug. 1959
	41–42	Sept. 1959
Diet, Menu	43–44	Feb. 1959
Dreams	45–46	Aug. 1957
Environment & Heredity	47–48	May 1960
Evolution	49–50	Jan. 1961
	51–52	Nov. 1961
Eyes	53–54	Sept. 1960
Feet	55–56	May 1961
Hair, Superfluous	57–58	Oct. 1959
Hay Fever	59–60	Feb. 1960
Head Noises, Tinnitus	61–62	Apr. 1958
Healing, Economic	63–64	Sept. 1961
Home & Marriage	65–66	Oct. 1957
	67–68	Mar. 1959
Hypnosis/Suggestive Therapy	69–70	Nov. 1960
	71–72	Jun. 1961
	73–74	May 1962
	75–76	Sept. 1962
Jesus: Essenes	77–78	Dec. 1962
Jesus: Second Coming	79–80	Jan. 1962
	81–82	Feb. 1962

(7/2/35 EC's L-1 for F. 26 yrs., born 12/27/08 in Peoria, Ill.)
(See parallel Suppl. under PLANETARY INFLUENCES) 945-1

Mr. C: Yes, we have the entity and those relations with the universe and universal forces, that are latent and manifested in the personalities of that entity now called [945].

In entering the present experience, and in giving that which has been recorded by and through the activities of the entity in the earth plane, and in those realms in which there arise and fall or come and go the experiences of the entity as an entity or soul, we find:

It is well that something be given as to the causes of the records, or as to the houses of records, that the entity may use in a practical application those experiences to aid in making the present experience the more worth while.

For, as a conclusion may be drawn from that in the material plane, the knowledge of any subject, condition, or knowledge of any nature unless put into practical use becomes of little effect in producing in the experience of an individual any activity worth while.

The activities from the astrological standpoint, then, are used as a basis; for the experience of the soul-entity in its activity is continuous. Hence the greater influence, or among the greater influences in the experiences of *any* entity, is an indication of the threefold life - or threefold motivating influence. For there is the material expression (which is of the physical or the earth earthy); there is the mental body, phase or experience of an entity (which partakes of or is an enfoldment or unfoldment of the experiences of the entity in the realms *about* the earth - or of which the earth is a portion); and the indwellings of an entity in the interim of its earthly or physical manifestations produce certain activities that make an entity, body or unit act as it does through any given earthly experience. Then, these are of that called the *mental* consciousness of an entity or soul. What have been the motivative forces in the activities of an entity through any given experience, then, or any period of manifestations in these various spheres, may be used as a criterion as to the expressions that may be expected of the entity; as to its reactions, abilities, shortcomings, developments, when *some* or *a* particular criterion or standard is used.

What then (may be very well asked) is the standard or ideal from which a line may be drawn in such information or for an entity in its development?

That which has been set in Him throughout the ages of this expression of the love of the Creative Force for His creatures.

For man and woman in their manifestations are given - by the All-Wise, All-Merciful Father, the First Cause, the Mother-God, the Father-God - the opportunity to be one with Him. Hence they are given the attributes of the various phases through which the entity or soul may become conscious or aware of that Presence abiding with or withdrawing from its activities; dependent, to be sure, upon how that entity or soul uses the opportunities.

For without the gift of free will to the soul, how *could* it become aware of the Presence of the All-Abiding Creative Force or Energy called God?

Then, as this relates to this individual entity, now called [945], we find the entity born in the present under and in those environs from the astrological aspect of Mercury, Venus, Jupiter, Mars, Saturn.

What meaneth this? That during the interims from the earthly sojourns or experiences the soul has been in the environs that have been given the names of the various planets about or within the solar system of which the earth is a part. Thus the planets have their influence as to the various attributes of that we find expressed or manifested in the earth's environs as what we term as carnal or earthly or three-dimensional forms of awareness.

But what is termed the dimensional environ of the mental capacities expressed by Mercury enables an entity or soul in the earth's environs to give a manifestation of high mental abilities, high mental capacities. Thus we may observe that such an one is enabled to obtain what we call knowledge, as pertaining to mental faculties, much more easily than those whose environs or indwellings previous to the earthly manifestation at present have possibly been in Saturn, Mars, Venus, Uranus, Pluto or the Moon. But what meaneth these? That these abilities are such as termed good or bad. These exist as conditions. And it is what a soul or entity does about such conditions, or what it uses as its standard of judgement, that produces what is called in man's environment Cause and Effect. The same may be said of each of the other spheres or experiences or phases of the indwellings of the entity; in Venus, Mercury, Mars, Jupiter, or all such that have been the experience of the entity, producing those elements within the mental which is of the body or entity a part.

Then, for this entity, we find:

Mercury makes for the high mental abilities.

Venus makes for the emotional side of the body or entity in the present, that becomes at times rather lacking but at others makes for the great motivating influences and forces in the experience of the entity; that it holds as a duty to self, as a duty to its relationships in its various spheres of activity in a material world. For its environs and activities from this association in Venus have made for not sentimentality, but sentiment is a portion; yet as Mercury is the ruling influence this is done from reasoning rather than from sentiment alone. Yet it makes for those experiences in the present within the entity that have at times brought about the appearance or the feeling of a definite loneliness within the entity; the lack of a friend sufficiently close, a companionship sufficiently close to rely wholly upon.

Those are as longings that are being sought within the entity's experience. But as we find, as Jupiter has within the last few months become rather the ruling influence in its sojourners within its environs, as Venus and Mercury and Jupiter are brought more and more into the expression of activity within the experiences of those who have indwelled there, it will bring for this individual entity - in this year or in the next year - a union with such a soul in which the home (that is so longed for at times) may be established by the entity. . .

We find also Saturn having been an influence that has made for experiences within the entity's activities in the present in which it has continued to long for changes in its associations. . .

For the earth and Saturn are opposites, as it were; for to Saturn goes those that would renew or begin again, or who have blotted from their experience much that may be set in motion again through other influences and environs that have been a portion of the entity's experience. . .

The following reading is selected from the circulating file of extracted data on "Alcoholism" which is available to members for a one-week loan period.

* * *

#28
(P-1)
m. 56 yrs.

This psychic reading given by Edgar Cayce at his office, 322 Grafton Ave., Dayton, Ohio, this 16th day of June, 1925, in accordance with request made by his wife...

P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

/28/
(56 yrs., a carpenter)

Time of Reading
4:00 P. M. Dayton Savings Time

... Co.,
Florida

Mrs. C: You will have before you .../28/, whose home is at ..., Florida. You will locate him when he was there and will give a physical, mental and spiritual reading on this body, with suggestions for the improvement of any or all of these.

Mr. C: Yes, we have the body here, located at the home (not at this present time).

Now, we find there are some abnormal conditions that are forming and that are produced in the body. These, we find, have to do with the digestive system and the eliminations in the body.

Now, these are conditions as we find them in the body. First:

IN THE BLOOD SUPPLY

This we find below quantity in the pressure; however, above normal. In the distribution in the system, this very poor. Hence the conditions as we find throughout where the body fails to assimilate or to separate within the functioning organism those properties necessary for normal sustenance and rebuilding in the system. Hence the conditions as are produced in liver, in kidneys and in the alimentary canal proper. This from over stimulation and poor assimilation and eliminations.

IN THE NERVOUS SYSTEM

This we find so subjugated that we find only certain portions functioning near normal. These in the extremities of the body, and the system keeps so keyed or taxed by the lack of assimilation as to prevent the coordinating in nerve system proper (cerebrospinal). In sympathetic and in mental, both overtaxed by these portions of system attempting to create physical equilibrium. Hence the extremes to which the mental functioning goes, more in mental than spiritual, you see.

In the organic organs and organic functioning, we find the heart, liver, spleen, kidneys involved. Rest of the system very good.

Digestion impaired, on account of condition created in spleen, pancreas and liver. Hence the deterioration, as it were, of the whole system and the lack of assimilations and of the digestive system functioning normal.

Then, in the physical, to bring normal conditions for the body would be to first leave off those stimulants in such quantities as cause this over-taxation in blood supply, in the digestive system and to supply that necessary for the system to function near normal. Given these stimulants, we fill find, while it will produce nausea if stimulants or intoxicants are taken, it will prevent same from being taken and there will be taken away much of the desire for same, though much of this depends upon the mental portion of body, as we shall see. Use then this:

Podophyllin ----------1 grain Leptandrin ---------- 1 grain
Cascara Sagrada ----------1 grain Licorice Compound-------1/2 grain

Make these in this quantity in each capsule, making five (5) capsules. One shall be taken every other day.

Give this as the stimulant and preventative from using over-stimulants:

2 ounces Tincture Valerian
2 drams Bromide of Potash
10 grains Iodide of Potash
4 ounces Elixia Calisaya, and
1 ounce Elixia Celerena, with the
Extract of Verbena----------15 minims.

The carrier for this should be sufficient Peptotol to make sixteen (16) ounces. The dose would be teaspoonful twice each day, morning and evening. By the time the whole quantity is taken, we will find the body will be rid of much of the desire for those properties that over-balance the system. Should the body take the over-stimulus while using this and become sick and nauseated, use the enema, also the stomach pump or wash to cleanse the stomach of same, though this would not be a poison in itself, unless there was certain combinations of properties taken in diet. Hence, while these are being taken, the diet should consist chiefly of meats or game, or the juices of same, with the only vegetables that grow above the ground, and no form or combination of any night-shade variety of vegetable.

Then, for the mental, we find the body very capable, would it only guide itself in the manner in which it understand the knowledge of self. Spiritual understanding only comes from the understanding of the divine within self, and the attempt to correlate same will always bring the development of self mentally and spiritually. For those who call upon the God will not find Him afar off but ever present and ready to answer the self as is found in the inner man.

We are through for the present.

(m. 30, alcoholic with diabetic tendencies)

(Physical Suggestions)

Mr. C: Yes, we have the body, [496], and those conditions physical and mental that surround this body.

In the physical forces we find rather those conditions that the body should be warned concerning; that being builded by those reactions apparent in the system. For, with the repressions that exist in portions of the system, that affect the glands that are necessary in keeping a normal balance in assimilation, we will find that there will be - as there is the tendency for same in the present - an over amount of sugars created in the system, that are detrimental to the blood supply, aided in this particualr condition by the disorders that must eventually make for such a detrimental reaction upon the kidneys - and these would make for conditions hard to cope with.

These are not causes of the desire in the body for the use of drink, but rather are the effects; yet the physical readjustments in the physical forces of the body in this direction would enable those that might aid the body in reaching the decisions in self for the desire for rather the use of the abilities in more constructive and more active forces in this material plane.

With these corrections, if they are able to be insisted upon to have those made, that the diabetic tendency and also the activities of the kidneys be corrected, there would be given a compound prepared in capsule - and only three might be necessary - so that from the physical standpoint there would be little desire for strong drink. Prepare in this way and manner, this in each capsule:

Eucalyptol----------1 minim,
Tincture of Benzoin------1 minim,
Tincture of Valerian-----1 minim.

If the body does take the strong drink with this reacting into the system, for at least three years it would make him awfully, awfully sick whenever taking any.

And, if the mental and spiritual forces are acted upon by those that have an interest in the welfare of the mental and spiritual reactions of this body, [496], through the power of intercession by meditation and prayer, to counteract the forces from without that are working with this body, there may be brought an awakening within - in correcting these conditions - and an awareness that there is a worthwhile experience for self in the activities of the entity's manifestation of life, and will bring the abilities to be active in directions that would make for a change that will not only be helpful, hopeful, but worthwhile.

The corrections to be made should be done osteopathically, in the 8th and 9th dorsal centers specific. And with these use those drops in capsule, see? As we find, these are the conditions to be met.

Who may make intercession? They that have within their consciousness a channel to the Throne of Grace, that there may be given into the mind and activities of the soul of this entity those influences that may bring the changes in the experience of this body.

Ready for questions.

Q-1. Are the osteopathic treatments all that will be necessary for the diabetic and kidney condition?
A-1. These are tendencies, ye see, that exist. Corrected in the present, and necessitating some local application - of course - in other directions that would be found that cause or produce the tendencies in the kidney condition.

Q-2. Any recommendations for diet for this body?
A-2. When these are begun, if these drops are given, he won't need a diet for some time!

When there is the change, or the recommendations that might be made by the one that would apply the manipulative and corrective measures for the body, it would be preferably a fruit and vegetable diet; especially quantities at each meal - if possible of fresh tomatoes.

Q-3. When should these capsules be given, and how?
A-3. Necessarily they will be given by the one making the applications or the corrections; that is, the suggestions would be made by such an one - if they may be gotten into him at all, and he'll have to take them in his mouth and swallow 'em!

Q-4. How far between each capsule?
A-4. About one each week.

Q-5. What is the reason for his present condition?
A-5. As has been indicated.

Q-6. In what manner may his sister [439] help him?
A-6. By making the stronger intercession prayer, and in getting or asking others to aid in and with her in same. For, where there is that intercession made through the combined efforts of many, the greater may be that directed influence towards the activity of any soul, any mental being.

Q-7. Any other suggestions for the body at this time, or for those who may be able to help him?
A-7. These we would follow as outlined, for the better conditions for this body, [496].

We are through for the present.

1/16/36 Male 26, EC reading requested by the father:

As we find, while there are physical disturbances with this body, these arise as much from the mental attitudes--that were in the beginning taken as poses, and have grown to become rather conditions that are of the self; or as habits, as requirements, that have taken on those aspects from the mental standpoint that are almost--or at times, and under or in certain environments, become--possessions!

For in its final analysis, in the physical and mental activities of a body, it--the body--mentally--is continually meeting itself and that it (the body, mentally) has done about constructive or creative forces within the body itself.

Then, as we find, to meet the needs of the conditions in this body, it must--or will--require that which will enable the body to either become determined within itself to meet its own self in spiritual reaction, or such a change of environment that will require the mental and physical reactions of the body to be such as to enable it (the body, mentally and physically) to induce that within the physical reactions to take possession in the place of, or to replace, those habit-forming conditions in the mental, as to rid the body of these conditions.

These, as we find, then, will aid in doing this:

Let the environs, in the first, be where unto that the body will make a study of that which is expressed or shown in the reading (not only reading but the feeling AS reading) of the twelfth chapter in Romans, and then the 14th, 15th, 16th, and 17th (fourteenth, fifteenth, sixteenth and seventeenth) chapters of John.

....(Details were given for taking the gold treatment under direction of a physician.)

This will, as we find, aid the body physically to respond MENTALLY to the impressionable forces that are made upon the body through the reading of those texts or portions of writing indicated.

If this is done, we will find there can be the response--provided the body will determine it within itself.

Do this for a period of thirty-six days, and we will give further instructions.

In the diet, let it be regular.

Let the body keep the surroundings such that will be in keeping with those things that are determined within self; to be good for something, that there may be the expression of the spirit that is interpreted in the body being the temple of the living God--and hence should, by all right, be kept holy, inviolate, and presented as a living sacrifice, holy, acceptable unto Him.

Then know and realize the truth of those words set forth in the prayer, the meditation of the Master; "Lo, I am with thee always--be not afraid; trust in me, for in my Father's house are the mansions." With in thine own self are the abilities to meet, to do, to accomplish. DO it!

2/3/38, Same male, 28, EC reading requested by himself (though he had not cooperated in carrying out the previous suggestions):

Now as we find, all the circumstances and conditions that disturb the body--both from the physical and mental angle--should be taken into consideration; if there will be in the experience the help, the aid that is desirable.

We find that the appetites--or the habits AND appetites that have been created by the activities of the body...are of the nature of BOTH the physical and the mental attitudes towards conditions and circumstances.

Through resentments from little things that have been said, the body has allowed itself to build that appetite which in destroying the will of the entity--through the activities of drink upon the system--has produced a weakness that will require a great deal of mental determination; that must be the application also of material things which will aid in creating a balance to the assimilating system--the liver, the spleen, the pancreas, the kidneys; so that the great desires from associations do not again OVERCOME the will-influence of the body.

These necessarily must be choices, or there must be a choice made by the mental body itself. First, that it would of its own accord submit to the treatments under such directions as may be had in the institution--such as one as in Nashville--for inebriates.

And with prayer--determining in aid and cooperation of those near and dear to the body in the material ways--we may bring the better conditions for this body.

Ready for questions.

Q-1. After the above is accomplished, how should I proceed towards securing a position?

A-1. There are abilities of the nature in direct application; and when these are accomplished...that is, the determinations, the activities in such a manner...then the outlook upon the experiences of life, the abilities will be quickened to such a way and manner that the determinations to become active in individual or specific fields of service will be opened to the body.

Q-2. Is a cure within myself or is the treatment in an institution necessary?

A-2. To be sure, unless there is the determination within self to rid self of the appetites and desires builded in the will forces of the system, that have been to such extent as to produce physical reactions, then the cure may not be accomplished even in an institution--without the will in self for this to be so. But as we find as we have indicated, the institutional treatments are necessary--with the determination within self. And it will be easier, more desirable for the body to go through the institutional treatments.

Do that, then; relying upon those things that have been pointed out; that the basis of all spiritual awakening, the promises of the better and closer association with the divine are within self.

F. 40, allergic since childhood to certain materials (expecially shoe leather)
3125-1

Now as we find the allergies in this body have reached such states and conditions as to form the pathological and psychological reactions. And, to be of any great material aid in correcting these conditions there will need to be those preparations of the body with the chemical changes prepared for the body and then the use of the psychological reactions to create those coordinations between the sympathetic and the cerebrospinal nervous systems.

These, then, are conditions as we find them with this body, ... we are speaking of:

The blood supply is so acted upon by the nerve forces and centers in the lymph and the emunctory circulation as to become very much disturbed when in contact or association with a great many elements.

ANY that have to do with animal or skins of animal, or that have to do with any pollen forming plant, all affect the body in an irritating way and manner, and are exercised through the blood in the lymph and emunctory circulation.

The suggestive forces must react upon those centers in the nerve system, or bursa (sometimes called). These are not so disturbing to the organs of the central nervous system nor to the organs of the body forces, save sympathetically.

3125-2 3125-2

As we find, there is the beginning of a great deal of help for this body. While those suppressions by the activities through the glandular forces of the allergies in body have not been overcome, they are being aided.

We would keep those suggestions. They will have more effect than all the dosages of other things that can be taken, but do keep up the Mullein and Saffron Tea. These should be taken at least two, three to four times each week. These will aid the body with the mind, the suggestive forces.

For as we find, here are the sources of the disturbances that cause certain conditions to become poisons to the body:

The body is made of the body-physical with all its attributes -- that is, the blood supply, the heart, the lungs, the liver, the kidneys as the central blood supply. Then there are those activities of the glands -- the brain, pancreas, spleen, organs of pelvis, the whole of the respiratory system or breath itself. Breath itself -- few ever consider the necessity of breathing or the lack of same to keep alive. These are just as much a portion of body, mind, soul. Mind is ever the builder. Consider, there are thirty to forty million cells in this body -- which are lacking in a great many, owing to the lack of sufficient red blood cellular force. And there is continual warring between the mind of the white cells here and the red blood cells. Thus we find from the glands the meanings in the body of those things that bring poisons.

3125-2 con't:

In another experience we find that the entity was a chemist, and she used many of those various things for the producing of itching in others. She finds it in herself in the present! And many of those things that produced the ability in the body for the breath itself to become poisonous to others in their associations. Just as the body finds in itself in the present, in the presence of certain metals, certain plastics, certain odors, the body immediately is poisoned. Just as certain characters of leathers. If these are tanned with oak they do not harm the body. If they are tanned with those very same things the entity once used to hinder someone else, they hinder the entity. For, the cellular force in the mind has two points about each of the positive forces in mind with the cellular forces in the body, or red blood and white blood cells. For, about each is a positive and a negative influence. These in the body have now become subject to such things.

Hence the suggestions given. The deeper the body may be put into the unconscious state, with the retaining with the remaining of the ability of the body for the soul-self to be aroused to the using of all influence within self constructively rather than to secondary or destructive forces, the entity will snap right out of the conditions.

For, who healeth thine iniquities? Who forgiveth thy sins? Who keepeth thee in every way? The spirit of truth! The spirit of love, the spirit of helpfulness, the spirit of patience, the spirit of kindness, the spirit of gentleness! And all are found in the one Christ-consciousness! Then, as the cells of the body are aroused in themselves to that awareness that each cell is to perform a functioning to the glory of a glorified consciousness -- not of self but of Him, who is life itself -- we may overcome these disturbances. With the continuing of those things that attune the body to nature, and the suggestions that attune the body to truth, to consciousness, we will break down the allergies that bring from the associations of the mind (though not conscious of same) the experiences which have come as a result of the entity's abilities being used to have self's own way. Now you have to do as something else wishes. Let's change it -- in Him.

Q-4. What in leather reacts as a poison? Is it a single ingredient or a combination?
A-4. Depends upon what it has been tanned with, as we have indicated. If these are tanned in oak, they do not injure the body. The body is not allergic to those tanned in oak tanning. When tanned in those that are sympathetic, or where there is the use of ash in same, these become poison to the body -- the radiation from same.

Q-5. Who should give suggestions, and have they been done correctly by Garrett?
A-5. As far as they have gone, they have been very well. Salter would be very well, as Kuhn is not available in the present.

Q-6. Do you mean Slater or Salter?
A-6. We meant Salter. If we had meant Slater, we would have said Slater.

We are through for the present

The material on Atlantis being extensive, extracts are selected with the object of showing the readings' general approach to the subject and the scope of the material.

Atlantis as a continent is a legendary tale. Whether or not that which has been received through psychic sources has for its basis those few lines given by Plato, or the references made in Holy Writ that the earth was divided, depends upon the trend of individual minds. Recently, however, the subject has taken on greater import, since some scientists have declared that such a continent was not only a reasonable and plausible matter, but from the evidence being gradually gathered was a very probable condition.

From time to time, in the information obtained for some individuals in their life readings, has come that they, as an entity or individual, occupied some particular place or performed some activity in some portion of that continent; or emigrated from the continent to some other portion of the earth's surface at the time, and began some particular development. These must have been busy folk, for with their advent into other climes (as the information runs) they began to make many changes from the activities in that particular sphere in which they entered.

Be it true that there is the fact of reincarnation, and that souls that once occupied such an environ are entering the earth's sphere ... in the present, is it any wonder that, if they made such alterations in the affairs of the earth in their day as to bring destruction upon themselves - if they are entering now they might make many changes in the affairs of peoples and individuals in the present? Are they, then, being born into the world? If so, what were the environs - and what will those environs mean in the material world of today? 364-1, 2/3/32

Then what took place during the period, or periods, when it (the lost continent) was being broken up? What became of the inhabitants? What was the character of their civilization? Are there any evidences of those (who escaped)?

The position the continent occupied is between the Gulf of Mexico on the one hand and the Mediterranean on the other. Evidences of this lost civilization are to be found in the Pyrenees and Morocco on the one hand, British Honduras, Yucatan and America upon the other. There are some protruding portions within this area that must have, at one time or another, been portions of this great continent. The British West Indies or the Bahamas, and a portion of same that may be seen in the present - if the geological survey would be made in some of these - especially, or notably, in Bimini and in the Gulf Stream through this vicinity, these may be even yet determined.

In the manner of living, in the manner of the moral, of the social, of the religious life of these people: There classes existed much in the same order as existed among others; yet the warlike influence did not exist in the people, as a people, as it did in other portions of the universe. 364-3, 2/16/32

Then, with the coming in or the raising up of Esai (?) with the change that had come about, began that period when there were invasions of this continent by the animal kingdom, that brought about that meeting of the nations of the globe to prepare a way of disposing of (the animals), else they be disposed of themselves by these forces. With this there came the first of the destructive forces ... explosives that might be carried about ... Then, with these destructive forces, we find the first turning

of the altar fires to the sacrifice of those who were taken in various ways, and human sacrifice began. With this also came the first egress of peoples to the Pyrenees first, among whom later we find that people who enter into the black or mixed peoples, in what later became the Egyptian dynasty. We also find that entering into . . . those peoples who later became the beginning of the Inca, or Ohum, that builded the walls across the mountains in this period . . . and, with the same, those . . . in that other land who became (known as) the mound dwellers. 364-4, 2/16/32

As to the highest point of civilization, this . . . would depend upon whether we are viewing from a spiritual standpoint, or from that (which might be called) purely material or commercial . . . for the variations, as we find, extend over a period of some 200,000 years; that is, as light years, as known in the present - and that there were many changes in the surface of what is now called the earth.
(Then follows a general description of the earth's geography in the early periods of Atlantis, with the poles in different position than today, with Arctic regions in the tropics.) 364-4-A1, 2/16/32

Q-5. What were the principal islands called at the time of the final destruction?
A-5. Poseidia, Aryaz and Og. 364-6, 2/17/32

Q-2. What was the date of this first destruction (of the three)?
A-2. 7,500 years before the final destruction, which came as has been given (10,700 B.C.)

Q-3. Please give a few details regarding the physiognomy, habits, customs and costumes of the people of Atlantis during the period just before this first destruction.
A-3. In the matter of form, as we find, first there were those as projections from the animal kingdom, for the thought bodies gradually took form . . . in part, much in the form of the present day man (were one chosen as typical in that period). These took on many sizes as to stature, from midgets to giants - for there were giants in the earth in those days, men as tall as ten to twelve feet, and well proportioned throughout. The ones that became the most useful were those who would be classified in the present as the ideal stature - that was both male and female, as those separations (of the sexes) had been begun; and the most ideal was Adam. . . 364-11, 4/29/32

Q-1. Describe briefly one of the large cities of Atlantis at the height of its commercial and material prosperity, giving name and location.
A-1. This we find in that called Poseidia, or the city that was built upon the hill that overlooked the waters of Parfa (?), and in the vicinity of the egress and entrance to the waters through which many of the people passed in their association with those outside the walls or countries. This we find not an altogether walled city, but a portion of it built so that the waters of these rivers became as the pools about which both sacrifice and sport . . . and the cleansing of the body, home and all were obtained. And these, as we find, were brought by large ducts or canals into these portions for preservation (reservoirs) yet kept constantly in motion, so that it purified itself in its course; for water in motion over stone . . . purifies itself in twenty feet of space.

In the type of the buildings, these were largely in tiers - one upon another, save in the temples (where sacrifices were offered in the sacred fires).

. . . In this temple we find large or semi-circular columns of onyx, topaz - and inlaid with beryl, amethyst and stones that made variations in catching the rays of the sun. Hence (some of the peoples) became sunworshippers in other portions (of the land), (which later caused the egress of many who objected).

These were those places where there came eventually the necessity of offering human sacrifices, which when put into fires became the ashes that were cast upon the waters for the drinking by those who were made prisoners from portions of other lands.

As to the manner of the buildings, these had outer courts where groups or masses might collect. The inner courts, or the shrine about the altar, were only for the elect, the chosen few.364-12, A1, 5/6/32

The following extracts are taken from individual life readings:

. . . in the Atlantean land when there was the breaking up of the land into sections and then the destruction of the portions. In the latter days of the experience the entity was among those who journeyed to Egypt . . . the entity was associated with those activities that would now be called communications, activities of every nature pertaining to messages - wireless - and the ability to direct ships that flew in the air as well as sailed under the water; and those forces that were directed by the generation of light from prisms . . . 1470-L-1

. . . the entity was a teacher among the people of that period and among those destroyed in the overflow of the land - and again will the entity be in the earth's sphere when a change comes to same. In the name of Isshuta, the entity lost through this experience through fear created in self by misleading (others) when the truth was known. In the present (that fear is) innate. 105-L-1

. . . in the land now called the Atlantean . . . when there came the hearsaying - yea, in those periods when . . . portions of the land were discovered from what was left of Lemuria, or Mu . . . in what is now lower California, portions of the Valley of Death, the entity journeyed there to see, to know. (Lemuria, the readings say, sank long before the final sinking of Atlantis.) 1473-L-1

. . . in the days of Atlantis when the people were in that higher state of civilization. The entity was then a teacher of psychological thought and study, especially in the transmission of thought through ether. Hence the urge, as will be seen, to study those, as has been given.187-L-1

. . . in that day of destruction to the elements of earth, then in the now Peruvian country, when the lands disappeared in the low places. The entity was left alone in the higher mound to which the entity had gone for its study. In the personality exhibited in the present there is the fear in the deep recesses of self of destruction coming to many suddenly. 182-L-1

. . . in this same land when many changes were wrought, when the upheavals caused much change in the surface of the lands. The entity then was among those who fled to the mountains - that later became Mt. Horeb by name - and the entity set up the first kingdom in that land, gathering the people out of chaos into more circumspect surroundings, a labor common to all. 172-L-1

The entity was among the children of the Law of One - the mathematician, the one who made preparations for those journeys through the air to the Pyrenees; later with those establishing activities in Egypt . . . In the name then of Pek-Al, the entity made measurements for some of . . . the buildings in parts of the Nile, to govern the waters of the river. These activities brought fame, which the entity could not stand . . . and later brought disturbing forces. 2677-L-1

The entity was among those who succeeded in gaining the higher ground, and then in the name of Omrui, later changed to Mosases, became the ruler or guide of that age and gave much assistance to the few who were gathered around him; only failing in taking unto self too many of the opposite sex of the land - bringing then the enmity of many of the people in the latter days. 470-L-1

The entity was in the household of the king before the third destruction, and was in the name Alta-misa. Then the entity was among those who prepared (what might be called) a history of the land, of the nation, of the people; assisting Alta, the scribe, in preparing (those records) of the various classes, cults or activities of this land. 339-L-1

As an Atlantean during those periods when questions arose . . . as to the acknowledgement of the castes in the land, where the untouchables were considered as but dogs among the higher castes. The entity was in that position of attempting to gain for the untouchables an approach for their own self-development. ... In the present (from this whole experience) there is knowledge or ability in things pertaining to the working of metals and buildings . . . and the democratic feeling. 333-L-1

. . . in the Atlantean, during that period when there were the separations of the bodies as male and female. The entity then became one of power, concerned with the establishing of the first temporal abodes (for families) in houses that were of peculiar structure. That (recollection) oft comes to the entity's inner self in the present of that circular home. 2121-L-1

. . . in the Atlantean country when the civilization was at or near its height . . . a daughter of the ruling house and gave much to the development of the poorer people. In that period we find the entity kept away from those of the opposite sex, for the love was given to one of low estate, and could not bring self to the conditions necessary for the consummation of the desires of her inner self. 2725-L-1

The entity was one of those who helped coordinate the activities with those various lands to which they were to journey . . . one entrusted with a mission for seeking out those lands that were proper surroundings for the people and their activities . . . Came into the land now known as Central America, where the people built many of the temples that are being uncovered today. The entity may answer . . . the question in the minds of those who wonder why (in the remains of the settlements of those who left this land) there are no burial grounds. For the entity was the one who began the cremations, the ashes of much of which may be found in one of those temples that was prepared for same. 914-L-1

. . . some who were the children of Belial . . .were served by automatons, or "things" that were retained to do the labors of the household and the field . . . The days upon the earth were then counted in tens and fifties and hundreds, besides the days or weeks or years, as in the present. The life of the entity, as compared to the present, would be years instead of weeks; or, in that experience, to live to five, six or seven hundred years was not more than to live to the age of fifty, sixty or seventy years in the present. 1968

Note: The following reading, #440-5, was given by Edgar Cayce at his home on December 20, 1933, from 10:55 to 11:35 A.M., EST, in accordance with the request of Mr. /440/, a young man of 23 years. Gertrude Cayce was Conductor; Gladys Davis, Steno.; Mildred Davis, L. B. Cayce, Hugh Lynn Cayce, and Mr. /440/ were also present. This reading was composed entirely of questions and answers.

Q-1. Give an account of the electrical and mechanical knowledge of the entity as Asal-Sine in Atlantis.

A-1. Yes, we have the entity's activities during that experience. As indicated, the entity was associated with those that dealt with the mechanical appliances and their application during the experience. And, as we find, it was a period when there was much that has not even been thought of as yet in the present experiences.

About the firestone that was in the experience did the activities of the entity then make those applications that dealt with both the constructive and destructive forces in the period.

It would be well that there be given something of a description of this, that it may be better understood by the entity in the present, as to how both constructive and destructive forces were generated by the activity of this stone.

In the center of a building, that today would be said to have been lined with non-conductive metals, or non-conductive stone - something akin to asbestos, with the combined forces of bakerite /Bakelite?/ or other non-conductors that are now being manufactured in England under a name that is known well to many of those that deal in such things.

The building above the stone was oval, or a dome wherein there could be or was the rolling back, so that the activity of the stone was received from the sun's rays, or from the stars; the concentrating of the energies that emanate from bodies that are on fire themselves - with the elements that are found and that are not found in the earth's atmosphere. The concentration through the prisms or glass, as would be called in the present, was in such a manner that it acted upon the instruments that were connected with the various modes of travel, through induction methods - that made much the character of control as the remote control through radio vibrations or directions would be in the present day; though the manner of the force that was impelled from the stone acted upon the motivating forces in the crafts themselves.

There was the preparation so that when the dome was rolled back there might be little or no hindrance in the application direct to the various crafts that were to be impelled through space, whether in the radius of the visioning of the one eye, as it might be called, or whether directed under water or under other elements or through other elements.

The preparation of this stone was in the hands only of the initiates at the time, and the entity was among those that directed the influences of the radiation that arose in the form of the rays that were invisible to the eye but that acted upon the stones themselves as set in the motivating forces - whether the aircraft that were lifted by the gases in the period or whether guiding the more pleasure vehicles that might pass along close to the earth, or what would be termed the crafts on the water or under the water.

These, then, were impelled by the concentrating of the rays from the stone that was centered in the middle of the power station, or power house (that would be termed in the present).

In the active forces of these the entity brought destructive forces, by the setting up - in various portions of the land - the character that was to act as producing the powers in the various forms of the people's activities in the cities, the towns, the countries surrounding same. These,

not intentionally, were tuned too high - and brought the second period of destructive forces to the peoples in the land, and broke up the land into the isles that later became the periods when the further destructive forces were brought in the land.

Through the same form of fire the bodies of individuals were regenerated, by the burning - through the application of the rays from the stone, the influences that brought destructive forces to an animal organism. Hence the body rejuvenated itself often, and remained in that land until the eventual destruction, joining with the peoples that made for the breaking up of the land - or joining with Baalilal at the final destruction of the land. In this the entity lost. At first, it was not the intention nor desire for destructive forces. Later it was for the ascension of power itself.

As to describing the manner of construction of the stone, we find it was a large cylindrical glass (as would be termed today), cut with facets in such a manner that the capstone on top of same made for the centralizing of the power or force that concentrated between the end of the cylinder and the capstone itself.

As indicated, the records of the manners of construction of same are in three places in the earth, as it stands today: In the sunken portions of Atlantis, or Poseidia, where a portion of the temples may yet be discovered, under the slime of ages of sea water - near what is known as Bimini, off the coast of Florida. And in the temple records that were in Egypt, where the entity later acted in cooperation with others in preserving the records that came from the land where these had been kept. Also the records that were carried to what is now Yucatan in America, where these stones (that they know so little about) are now - during the last few months - being uncovered.

Q-2. Is it for this entity to again learn the use of these stones?
A-2. When there has come those individuals who will purify themselves in the manner necessary for the gaining of the knowledge and the entering into the chambers where these may be found; yes - if the body will purify itself. In '38 it should come about, should the entity - or others may be raised.

In Yucatan there is the emblem of same. Let's clarify this, for it may be the more easily found - for they will be brought to this America, these United States. A portion is to be carried, as we find, to the Pennsylvania State Museum. A portion is to be carried to the Washington preservations of such findings, or to Chicago.

The stones that are set in the front of the Temple, between the service temple and the outer court temple - or the priest activity, for later there arose (which may give a better idea of what is meant) the activities of the Hebrews from this - in the altar that stood before the door of the tabernacle. This altar or stone, then, in Yucatan, stands between the activities of the priest (for, of course, this is degenerated from the original use and purpose, but is the nearest and closest one to being found).

As to the use of same, and as to how it's to be applied, one must prepare self - and it may not wholly be given through any channel, until an individual has so purified his purposes and desires. For, as given, not again will man bring to himself, or to those that have not been awakened to their individual development, destruction for the earth - saving man does it himself!

Q-3. What should be the nature of this purification?
A-3. Purifying from within, much in the way and manner as has been given or illustrated to the entity in how that the mental self must be purified, much in the same way and manner as the inner self has been purified through its sojourns in the planetary influences between the appearances in the

earth. For, as given, the body, the body-consciousness, is a well-balanced body, mind and soul, for development as an initiate, to again use these forces, these influences, for constructive rather than destructive purposes.

Q-5. Give an account of the electrical and mechanical knowledge of the entity as Ptel-in, in Egypt.
A-5. As may be surmised from that given, the entity was among those that had laid aside their physical self in destructive forces in Atlantis and picked them up again in the periods of the Egyptian development that followed the closer after the Atlantean destructive forces, or overlapped somewhat.

In that experience not so much of the electrical or mechanical appliances were the activities of the entity, save in the assisting of the preservation of the records and the mental distribution of that designed to be for the betterment and the purifying of those peoples of that age, period or land. It must be remembered, as indicated through these sources respecting the peoples of that time, much of the animal - that had been fully cleansed in Atlantis - remained with the peoples in the Egyptian development. But the entity, or Ptel-in, worked with the priest of that age in giving to the people the knowledge of the relationships of the Creator to the created, in the way of preparing the body-physical for the receptivity - or as a receptacle that might attune its inner self to the divine forces in that particular period of development. The activities of the entity in the electrical or mechanical were not so active in the Egyptian as they had been in the Atlantean. And the offices or activities pertained more to the assisting of individuals that sought to cleanse themselves, and were used - as indicated - by the fires in the cleansing temple, and the activities in the Temple Beautiful. For, the entity was then among those that aided the priest in setting the individuals so purifying themselves, so making themselves the channels or the receptive channels for the spiritual enlightenment that came through not only those that had sojourned in the earth as constructive forces but through those of the spiritual realm that thought and directed and aided the individuals in their activity, that had purified, had cleansed themselves.

Q-6. How many facets did the crystals previously referred to have?
A-6. Would be better were these taken from that pattern of same that will be eventually put in the museum in Pennsylvania. For, as given, do not confuse self in the attempt to use something without having prepared self to know what to do with same - and bring, unintentionally as before, destructive forces in the experience of self and those about self. Not that this should not be sought. Not that information may not be asked for, but be sure that the records are read - and those that have been given may only be read by those who have cleansed themselves, or purified themselves!

* * *

- - - End of reading #440-5 - - -

#2795-1

... Thus the entity was one who builded the planes, those activities in air, in water, as directed by the stone from which the forces were generated ... or such as the radio beam in the present, - from that central facet for which the entity made those experiences ... and that are the dreams of the entity in the present.

These may be used for constructive or destructive forces. These were allowed to become, or did become, those forces that brought about the last breaking up of Poseidia...

* * *

#519-1

... In the Atlantean land when there were the preparations of those things that had pertained to the ability for the application of appliances to the various elements known as electrical forces in the present day; as to the manners and ways in which the various crafts carried individuals from place to place, and what may be known in the present as the photographing from a distance, or the fields of activity that showed the ability for reading inscriptions through walls ... even at distances, or for the preparations of the elevations in the various activities where there was the overcoming of (termed today) the forces of nature of gravity itself; and the preparations through the crystal, the mighty, the terrible crystal that made for the active principles in these, were a portion of the activity of the entity in that experience. Much of it brought destruction; hence was not for the glorifying of Him who gave the ability...

* * *

#1003-2

Those as we find were the periods when the entity excelled in those things that had to do with machinery, mechanics, the application of electrical forces as would be called today those of radiation, and heating, and the applications of same to the uses for crafts, for homes, for buildings, the use of same in the associations of what would be called today commercial ways and manners.

... Let the entity even in the present meet one of those who used the facets of those instruments prepared by the entity for destruction, and there will be found a sudden dislike.

* * *

Note: The three extracts above were taken from life readings describing individuals' experiences in Atlantean incarnations.

The following extract is selected from the circulating file on "Baby Care" which is available to members for a one-week loan period. It should be understood that the reading was given for a particular baby and that the suggestions would not necessarily apply in all cases.

Physical suggestions for baby ten months old:

Q. Did fall on June 2nd, or any other fall, injure body internally?
A. Only the strains in the upper dorsal and cervical. Hence osteopathic corrections should be made, specifically, in the 3rd and 4th cervical, the 2nd, 3rd, and 4th dorsals. These pressures cause the fretful expressions and activities, combined with those tendencies for formation of the teeth, that IRRITATE the body.

Q. Are teeth forming normally?
A. These are very good. We would find that a weakened solution of Ipsab for the gums would tend to relieve the pressure and make for normalcy in the salivary glands, as well as strengthening the tissue in mouth. This should be reduced at least half, and the gums massaged with a tuft of cotton with same, two or three times each week. This also adds to the amount of saline, calcium and iodine, for the activity of the glands in mouth and throat.

Q. What should be done to prevent constipation?
A. In this, changes in the diet in a general outline would be well; giving more fruits that tend to make for the activities of the digestive and eliminating system; as prunes, and those foods of every nature that make for the activities of the system.

Q. Should body continue nursing?
A. It would be found that this will be much more satisfactory, especially, through those periods when the summer or hot weather, the teeth causes those activities that make for general debilitations, and may be GOVERNED much better than were there the attempt to change to the feeding otherwise during such a period. Especially through July and August. When the early portion or middle of September comes, then there may be the change made, or when the cool days appear, with less interference of the developings of the general system.

In the matter of the quantity of foods fed the body, these may be changed from time to time, but not too much of the same given. Cooked cereals are much better. Preferably only the yolk of the egg, though occasionally the whole egg may be given provided it is coddled or prepared so that all the

properties in same, may act with the general forces of the system; but the yolk preferably should be prepared or used for feeding. In the cereals, - use rather the steel cut oats and the whole wheat cracked (cooked a LONG time;) for these carry a great deal of the gluten, - especially carrying the vitamins that make for the building of the proper amount of calcium and the like, or Vitamin D in the system, - which may be also obtained from well-balanced sunshine. Keep the body in the sunshine; not so that there is injury to the body, but sufficient that all the respiratory system and capillary circulation is affected by the rays of the sun. At least some portion each day should be had. This will keep an even balance of the vitamins through the system. Also lime water added with the milk in nursing will aid in supplying the Vitamin D. However, we do not want to over balance, or to cause an extraordinary growth to any glands that would tend to make for extremes in the developing body. These properties added in over abundance add to those glands which produce UNUSUAL activities in these directions (that is, for bones and teeth.) Hence a proper balance should be kept.

Q. Should body have any meat juices, meat, or raw food?
A. A little meat juice is well at times; but while the nursing, and the cereals and the egg are kept, only the pure meat juices we would give, and not a great deal or ANY of raw foods, unless a little fruits occasionally. For until there are the proper activities in the system that make for the abilities of perfect mastication, there cannot be the proper amount of activities from the salivary glands to produce perfect activity through the digestion of the system without causing fermentation, thus throwing some of the glands and the active forces in the digestive system out of balance. Lime water occasionally given will be found to aid in digestion, and aid also in the assimilation. This may be given in the water just as a drink.

Q. Should body be vaccinated against diptheria or smallpox?
A. Would be better that this be done not until after there has been the formation of the teeth, for with the disturbances that are produced in the system through the hardening, - or the calling on the system for the necessary elements to build this in and for the system, vaccinations or serums would work a hardship on the general system, making for deformities in the teeth themselves. This may be seen in many instances where such activities have been given the very young during such periods. Should there be exposures to such influences, then precautionary measures, - or emergency measures, - might be necessary. Under general or normal conditions, very much later in the years would be very much better for such in the system.

June 13, 1932
#299
(P-1)

There are some conditions of which the body needs to be wary, from the physical, mental and spiritual aspects. For the soul, spirit and physical must ever remember that the material body is but the temple through which the mental, with the will, builds to the I AM that must ever live. And without the perfectly balanced forces the best can not be given or manifested through the present entity. #2801-P-1

Q. How long will it take the treatment to cure this condition (so that I may safely have another child)?
A. From sixteen to eighteen treatments ... depending upon the mental attitude as to how soon the body responds.

For with each and every force applied in the physical there must be corresponding force applied in the subliminal or spiritual force in the body.

Without this entity having these forces coordinated, nothing becomes a whole to this body. #140-P-1

Do not allow any of the elements that would cause distress to the mental forces, either through anger toward any individual or toward any groups, to find lodgment in the mental and soul development of the body.

For it is the application of the knowledge of these laws that keeps thee whole, that keeps thee on the even keel of development, whether of the physical, mental, soul or spiritual. #140-P-2

The entity has the capacity for much mental development, when the cares of the world, or the lust of the eye, do not interfere with that spiritual force which should guide and direct the mental activities in each life.

Not that the body in mental proclivities, or action, should become pessimistic, sour, or dormant along lines pertaining to such, but in moderation partaking of many elements.

For know, ever, that, in the correct development in every entity, the mental forces must be in that direct way, taking of many elements.

For all (elements) have their relation one to another in each soul. FOR OF THE MENTAL THE SOUL FEEDS.

The body must be well-rounded in physical and mental attributes, that the soul may develop and that the spiritual will remain with the entity as the guiding force in the correct and upright channels.

#900-8

Do not allow the mental forces to develop in a one track mind and give to the mental world more of the findings of the mental forces as developed in this plane at this time. For any force in an entity finds its development in arriving at a mode of expressing or manifesting itself in a physical or material world. ...

Keep the mind in that condition for the developing of the physical, mental and spiritual forces. Keep those contacts which bring the awakening of the physical in its ability to recreate in itself that necessary for the developing of the soul and spirit forces through the mental man. Remember ever that the physical must be kept in that way that the mental may manifest. ...

Keep the spiritual and mental in control of the physical, that the oneness of the universal force and love - found in Him - may manifest in a material way in the physical body. #294-B-6

Do not overtax the body beyond its strength to cause breaking of cellular force in the lung proper. ... Rest sufficient that the body through physical forces, and through incentives received pathologically from medicinal properties, may have its opportunity to function. A great deal depends upon the mental attitude. Do not become a burden to self or to others, yet never overtax beyond what the body knows is its physical capacity. #4436-P-1

Q-36. Am I recovering my equilibrium mentally and spiritually? How can I further improve my all-round condition?
A-36. Sit down for a time and analyze self; look into self; see what is the trouble; see how the situations have stacked up with self, from the various associations and connections that have been made; see what the needs and requirements of self are. Then take them to thy Maker. Art thou willing to present all thou hast done to Him and expect Him to pay thee in thine own coin of what thou hast paid out? Then, you'll be right! #257-132

When the body is carried along by emotions of the mental, be they so highly evolved or used, it may weary the physical more. The spiritual brings quick recuperation, yet physical may be so highly attuned as to cause associations between the physical, mental and spiritual being to become so weary as to need rest. #5330-L-1

We would use those things that have been indicated from time to time; that is, taking time for play, for exercise, for a mental and a physical reaction. Changing the line of thought, the line of activity, at times changes the whole reaction of that coordinated, cooperative influence that must ever exist between the physical, the mental and spiritual bodies; if there is to be kept anything like a normal condition.

Then, we would follow those suggestions as indicated. With any of these do not become in that state of being where it says, "Well, this minute I must do this, and this minute I must do this, and the other minute I must do that."

Let such be rather as a part of self, because there is something within self that NEEDS, that is accustomed to, the replenishing of self required. Have regular periods as may be in a budget, but do not let it become mere rote. Just as it would be about the rubs or sweats. If there is the "feeling" of the body that such is needed, then take same once or twice a week, or once or twice a month; but do not do it two weeks and then wait six weeks before another is done, see!

The same about reading a book, seeing a play, taking a drink of this or that. That which is known to be harmful, leave off! Do that. Be consistent; for CONSISTENCY - thou art indeed a jewel!

Q-6. How much walking should be done daily?
A-6. Whether it's a mile or a step, do that which makes for a better "feel" for the body; getting into the open! Know something of nature. How many kinds of trees do you know? and yet you work in wood! How many kinds of birds do you know? and yet you use them as part of that worked in wood! Do you know the call of any? Interest self in all nature! #257-204

Q. Why is there so much dandruff?
A. Use Listerine and there won't be so much. #257-B-3

Q. What causes the scalp to itch?
A. It is caused by irritation, which is produced by the accumulations in the system. The digestion is bad, and the nerves are kept on edge. Use the Listerine twice a week on the hair. #257-B-3

Keep the eliminations better in the body and we will find the circulation will be improved. ... Massage well into the scalp once each week the amount of Cuticura Salve which may be held on the end of the forefinger. Every second or third week use white vaseline, cleansing same with a very weak solution of grain alcohol, eighty-five percent alcohol.

Use a proportion of one part alcohol to twenty parts pure distilled water, using only after white vaseline has been applied to the scalp. Use the Cuticura Salve twice, then the vaseline once, in that order. Do not use soaps of any character on this scalp or hair. #2653-P-2

Q. What should the body now do to cause the hair to grow in the front of forehead?
A. You won't have much brains there and hair, too. This may be assisted, though, by using any vapor rub, or the use of Listerine will keep the hair in a healthy, normal condition. #257-P-7

Q. What will thicken the hair?
A. Massage the scalp with crude oil, cleansing it with a twenty percent solution of grain alcohol. This will thicken the hair and bring better conditions to the scalp. #4501-P-1

In many respects the body is very good. (a girl in her early 20's, gradually becoming bald). There are those segments in the spine that have impingements; nerve branches produce some derangements in the nerve system and in the application of blood supply to portions of the body. ...

We find those conditions where the blood in its circulation to the capillaries becomes involved in the elimination. Hence in attempting to alleviate the distress the circulation has brought the derangement in elimination. This especially do we find in all portions that affect the inner skin - not the exterior, for the circulation between these, as it were, becomes the deranged portion. Hence the intense condition over portions of the body of a tingling, itching sensation, without any abrasions except when made by the itching or irritation to the cuticle. ... This also affects all portions where roots of hair show in the cuticle. ... The quantity of blood supply is sufficient; there is simply a derangement that produces the improper eliminations. ...

In the 9th dorsal we find that derangement which affects the ends of the solar plexus and the branches that affect the body through the hypogastric plexus. This gives the excess at times through the nervous condition - overtaxing the bladder, direct to kidneys in excretions, to the liver and to the circulation becoming a capillary circulation. Hence the full capillary circulation at times, again the deep-seated circulation, the hepatics being then overtaxed. ... In the rest of the nerve system reflexes of this condition are shown.

The taking of medicinal properties only would not correct these conditions, yet we find it is necessary to take medicinal properties with corrections made in the spinal column ... made by the osteopathic method.

... After five to six treatments osteopathically, begin taking 1/2 teaspoonful in water three times daily of this compound:

Tincture of Valerian	2 ounces
Bromide of Potassium	5 grains
Iodide of Potassium	5 grains
Elixir of Calisaya	4 ounces
Fluid Extract of Capsici	1 minim
Simple Syrup, sufficient to make	10 ounces

When the medicinal properties are started, also begin using each evening for three to five minutes the violet ray (hand machine) over the portions of system especially where hair is needed or desired to be grown, and along the whole length of the spine and at the umbilicus. ... We will bring the normal forces. #4160-P-1

Q. Will the hair come in and stay permanently?
A. When conditions are corrected in the system that produce the cause, the hair will grow normally and stay permanently. ... One portion of the treatment will not do it without the other. Do all if we would bring the correct vibrations and the correct eliminations in the body.

Q. How long will it take for head to be covered completely, if the treatment is followed as given?
A. Five to six months. #4160-P-2

Q. What causes the falling out of the hair and what should be done to prevent it?
A. This is caused by a lack of activity through the glands that are secreting from the system the elements necessary for the portions of the thyroids which affect the circulation to the scalp.

The diet affects this principally, although the scalp would be stimulated by a massage, which may be had with properties that aid the scalp circulation. Rub a small quantity of crude oil into the scalp once or twice a month and this should be sufficient to renew the cells that produce hair, if there is the stimulation through the gastric flow in the digestive forces, and the stimulation through the general distribution of the circulatory forces of the body.

Each time after the crude oil massage ... cleanse it with a twenty percent solution of grain alcohol with water added. #480-P-20

8/25/35 Questions by A.R.E. Group #1:

Q-1 Was the Apostles' Creed man made or inspired:
A-1 What is inspiration? From the standpoint of the seeker (for all haven't sought this), it was man made. From the standpoint of many another present, it was the interpretation prompted by the inspiration to make a united effort in the purposefulness of one line of thought.

To be sure, this answers to some and to others does not.

The Apostles' Creed as presented, to be sure, as would be judged by those who are orthodox, is inspirational; and comes from those sources that to many a man are considered authoritative.

As to the experiences of the apostles themselves, this--to be sure--was created or put together some ninety-seven, yes a hundred and sixteen years later than the last of their activities; yet it was the expression that came from the activities. The belief of all the twelve apostles? No, not as written; but the experience in the minds and hearts and souls of many who sought as best they understood to present a solid front, with each naming that for which he stood in his own life.

Most of these expressions presented in the Creed may be the experience of each and every soul. And to no soul does any expression become a portion of self until experienced; <u>experienced</u> by the soul! Many may find here and there a word, a phrase, a sentence, a line that answers to something because it has been the experience or is the answer to a longing that has not yet been satisfied wholly. For until there is an answer that to the soul is the <u>justification</u> of that which is <u>thought</u>, it is not even a good axiom to the soul!
Q-2 With whose spirit, mentioned in the Apostles' Creed, would we commune; with ourselves or God's?
A-2 Within ourselves to God. For, as intimated elsewhere, "My Spirit beareth witness with thy spirit." Whose spirit? There is only <u>one</u> Spirit--of Truth. There may be divisions, as there may be many drops of water in the ocean yet they are all of the ocean. Separated, they are named for those activities in various spheres of experiences that are sought to be expressed here. The communion of the spirit of the divine within self may be with the source of divinity. This is what is meant by the communion of saints, of those that are of one thought; for all thought for activity emanates from the same source and there is the natural communion of those who are in that thought. This may be expressed by that indicated oft, that unless a helpful experience may be presented in an individual's activity as a parallel, as a complement, as a positive and negative force that may be united in one effort, it does not run true. For <u>opposites</u> create disturbance, dissensions, disruptions, devilment. A union of force makes for strength and power. Thus, the communion of saints means that all who have one purpose, whose thoughts and motivative forces are one, may communicate; whether those in the material plane, in the borderland, or those that may be upon the shores of the other side of life.

What meaneth the interpreters of the experiences in that, "Ye as standing here shall see glory; and after six days he taketh with him Peter, James and John and goeth apart into the mountain and there was transfigured before them"? What saw they? A glorified body? The glory of the body brought what? Communion of saints! For who appeared <u>with</u> Him? Moses; that to those present meant a definite undertaking which set them apart from other peoples, which had made for the first association or communication direct with a creative force or God through the activative forces in their experience. And Elijah (or John the Baptist); representing that they, too, would become as messengers to a waiting world, ready, ripe unto the harvest as he had told them. Then this <u>indeed</u> was the communion of saints.

262-87 Continued:

It is the natural state that the intent and purpose of activity in whatever environ or sphere ye may find self, is attuned with that sought by the soul. When may such a communication be given? Seek and ye shall find; knock and it shall be opened unto you -- that attunement to which thou hast brought thine self! Hence more and more is the admonition given that if ye would know God ye must be godlike to some poor soul. If ye would have friends, be a friend to a friendless one. If ye would know peace and harmony, bring peace and harmony to the experience of another soul. Yes, be even as He; who showed His glory to His disciples in the mount; facing death, facing even the denial by one to whom He was showing himself that he had any part in that which He would give to others.

Let it be so in thine ministry, in thine activity; in the preparations of thy body, thy mind, thy knowledge concerning that which may bring to thine self those awarenesses of the Spirit of Truth, those things that make for the experiences of each and every soul. Seek not the experience until -- and unless -- ye know from whence and how and to whom it is given!

Q-3 What is the Holy Church?

A-3 That which makes for the awareness in the heart of the individual. It is as He that was set as the head of the Church is the church. The Church is never a body, never an assembly. An individual soul becomes aware that it has taken that Head, that Son, that Man even, to be the intermediator. That is the Church; that is what is spoken of as the Holy Church.

What readest thou? "Upon this I will build my church."

What church? The Holy Church? Who is the head? That One upon whom the conditions had been set by that question asked. For here ye may find the answer again to many of those questions sought concerning the Spirit, the Church, the Holy Force that manifests by the attuning of the individual; though it may be for a moment. He asked, "Whom say men that I am?" Then Peter answered, "Thou art the Christ, the son of the living God!" Then, "Upon this I will build my church, and the gates of hell shall not prevail against it." He said to Peter, "Flesh and blood - flesh and blood - hath not revealed this unto thee, but my Father which is in heaven." Heaven? Where? Within the hearts, the minds; the place where Truth is made manifest! Wherever Truth is made manifest it gives place to that which is heaven for those that seek and love truth! but a mighty hell for those that seek gratification of their own selves! And these are those things which become stumbling blocks to many an individual that becomes more and more material-minded. For these must be seen; yet they heed not what has been seen and heard and given of old. Who communicated, ye want to know, to Peter when he gave this confession? Whom did He say is thy father, thy mother, thy sister, thy brother? He that doeth the will of the Father in heaven, the same is thy earthly father, thy earthly mother, thy earthly brother and thy sister. They that love Truth rather than the satisfying, the gratifying of fleshly desires. This does not indicate that no beauty, no joy, no happiness is to be in the experience of those who claim to seek to be the channel of blessings, or the source of inspiration to others! Who is the father of Joy? Who is the father of Happiness? Who is the father of Peace? The same that thou would serve in showing forth the Lord's death till He come again. For he that is long-faced, he that is sorry for the world is sorry most for himself; and of such has He said, "Though in my name ye cast out demons, though ye heal the sick, I will say Depart from me, I never knew you." Why? For ye have your own glory when such is done that it may be seen and known and heard among men alone.

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of December, 1929, in accordance with request made by self - Mr. [257].

257-53 (B-40) m. 36 yrs. P R E S E N T

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno., [257] and L.B. Cayce.

R E A D I N G

Time of Reading
12?15 Noon - Eastern Standard Time.

... Avenue
New York City.

(Body and enquiring mind - questions and advice on all phases of life)

Mr. C: Yes, we have the body and the enquiring mind, [257]. This we have had before. Also those conditions as surround the body, mentally, physically, and those associations in same. Many of these we have had before.

In the physical - here, as has been given, the body should be most mindful, that the body is kept physically fit. Warnings have been given the body. It isn't that there may be those additions or reductions that may bring the body to a normal reaction, but rather that the body-physical and body-mental may be kept in or near normalcy, that the conditions as arise from day to day be met as is needed.

Then, play as well as work. Relax as well as keep taut. So, through the mental abilities of the body, be as appreciative of the finer things of life as of material success. Be as capable of appreciating the beggar with a God-given voice as would bring tears of appreciation of love of man for man or woman, or of the appreciation of the beauties in nature, as appreciative of the man with a million, able to wield a power and influence of a nature that shows and belies of self-aggrandizement of power. Be, through the mental abilities, so as to be appreciative of that in art, or beauty in a picture, or beauty in nature. Let these, as they did to thine own peoples - even thine prophet, thine servant David, as he declared in, "The glory of God is made manifest! Even the heavens declare His glory, and the firmament showeth His handiwork;" for fame and fortune of ten take wings and fly away - but one appreciative of the beauties in nature, in the abilities of His handmaid in the might of Him that serves in song or dance, or the piper, these also declare His glory - and, as these may be appreciated, so may that as may be given in this world's goods, in power, in might, in moneys, in position - so one may know how, through what channel, one may serve.

Then, keeping the body in such an attunement, aids physically, mentally, and the growth to the soul becomes as one that has made peace with the Creator. These are but little things in the eyes of many. These, by their very foolishness to many, confound the wise. These but make that contentment that makes one seek and seek for knowledge of Him that gives the gifts *in* life; for He be the God of the *living* whom thou servest, and material things are but dead - and are dead *weight* when one has not attuned self to the beauties in every field that makes manifest. *Even* the toad is as beautiful in the sight of the Creator as the lily, and he that heedeth not the little things may not be master of the great things, for he that was capable of using the talents in the little way was made the ruler over *great* cities.

Keep thine body fit. Keep thine mind attuned to beauty.

Ready for questions.

Q-1: What relaxation is best for the body in addition to that given?

A-1: Just that! Changing of the mental status is ever the builder, mental and physical. That as the mind dwells upon is builded. When one overtaxes one portion to the detriment of another, an *unbalancing must* ensue. Keep much in the manner as has been given, as regarding diet, exercise, work, perseverence. *Be* consistent in all thou doest, and when thou hast conquered self thou mayest be able to govern another. He who approaches for mercy, grace and counsel, may not have aught against his brother, but must be able to appreciate and understand that he already has in hand.

Q-2: Will the body be able to take a vacation in January without injury to his business?

A-2: He may.

Q-3: Where would the best place be for himself and family?

A-3: Lower Mississippi or Florida, or West Coast.

Q-4: The body thanks the Forces for the wonderful advice given for mental and physical development. Please give present status of Paris Medicine-Zonite deal -

A-4: Keep in touch with that one, that factor that has enabled the body to thus far *make* the proposition as is apparent; for, to be sure, that one is the key to the situation. Rather from social and from the whole of the associations. Put self and that body at ease, by that, "Now, General, that position as is occupied by each is unique, in - while you control the financial end of deal, I in part - at least - control that being sought. I leave in *your* hands that as should be meted to me for the efforts as have been put forth." See? That clarifies, that puts *all* on *their* guard. Who may close without that to be passed as in exchange, without *that* individual? That individual, honorable, up-right in the associations in and for both directions, as well as for the one handling, worrying, bringing all together. Then, *together, much* may be accomplished. Battling with any will bring naught. We are through for the present.

This psychic reading given by edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia this 7th day of April, 1937, in accordance with request made by the self - Mr. (257), Active Member of the Association for Research & Enlightenment, Inc.

257-181 (B-160)

P R E S E N T

m. 42 yrs. salesman

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

R E A D I N G

Time of Reading ... Avenue

11?15 to 12?00 A.M. Eastern Standard Time New York City, N.Y.

(Physical body, mental and material life. Please advise of his development and as to his abilities, and guide him to succeed in owning his own factory output for at once. Then answer the questions as to [257's] associates and associations, and the plan of operation.)

Mr. C: We have the body, the enquiring mind, [257]; this we have had before.

In giving that as may be instrumental in aiding the body to obtain those activities and those environs and surroundings and connections, these as we find, as has been indicated heretofore, may not be for the better or for the greater constructive influence in the spiritual, as well as the mental welfare. But as has so oft been indicated, the conditions are rather in keeping with the desires of the individual body.

But to use spiritual sources for material gains, when there have been warnings as respecting activities in that direction, may prove to be in the long run spiritually unfruitful.

For what matters it if you gain the whole world if you have lost your faith in your Maker, in your fellow man, and only seek for the material aggrandizement?

To be sure, there are - in the ideals of that being sought - very unusual natures. They are rather idealistic. But those in the present that are capable of and are being approached for the financial aid see rather the material gain, with the idealistic portions - in the activities of individuls interested, who are sincere - rather as an experiment - with the hope but lack of faith in its success.

Hence there becomes the necessity that what has been given heretofore in the experience of the entity [257] to be adhered to.

Do not allow the ego of self-praise, self-indulgence, self's fame in any direction, to so override that which is the basic ideal; else we may find this as a millstone rather than a means to those ends in the material, the mental or the spiritual ways being sought.

These may appear in the present to be general, indefinite; but if the warnings and those advices and counsels that have been maintained for the entity throughout the years are correlated, it will be easily seen as to the definiteness of same. For what is written is written; and it is ever as in the days of old:

There is TODAY, NOW (and it's every day, every week) set before thee life and death, good and evil!

Not that the having of a factory is necessarily evil, a factory that may be an outlet for the activities; but the use of the body - as has been so oft indicated - may be evil. For unless each executive in charge of affairs in the whole organization is imbued with the spirit (not merely the idea but the spirit) of cooperation, or the ideal of those that are the leading factors (such as at some times held by [257] but sometimes waved like a rag rather than a banner!), there will be many, many a headache!

In considering then, think of these things seriously. Each head of each department - not merely the financiers (these, to be sure) but the finishings, the executive, the sales - all branches. And if this is done, it may be well with all.

Let the watchword be, ever, as has been intimated, as has been directed, as has been insisted for the body; each in their own sphere and honest sincere days, weeks, months, years of service for an ideal and not merely for the moment's gain.

Due consideration to the consumer, to the producer, to every branch; not top heavy anywhere, not lacking in service anywhere; but as each would have the other do to them, do they even so to every association.

This is not merely an idealistic thing; it is LIFE! Life is God! Take GOD, then, everyone, in partnership with thy daily service - and it will blossom as the rose!

Ready for questions.

Q-5: When will it be ready for [257] to take over?

A-5: This as we find is one of those very conditions that are being presented as warnings to the entity. Is [257] to be the finisher, the salesman, the go-between, the financier, the bookkeeper, or all branches of things? Rather is it that there is to be a manager, [257] merely an assistant, a helper. Do not EVER allow ANYONE in the organization to be working for ANYONE! Either be working with, ot not on the job!

Hence the expression should be rather, "When will it be ready for the group?" and this very setting up of that "I am this and I am that" is balking yourself before you begin!

When will it be ready for activities?

As soon as there is the convincing of the financiers that there is the business acumen in each of the heads of the departments to carry on.

Hence much of the figures of sales and profits and all are to be presented to various groups. Not merely as purely prospective, but what was done in this organization, that organization. Take those that have been failures and see where their weak parts were, see? Take those that have been the greatest successes and see their strong points and their weak points. Then when these are built up and presented properly, ready - and should be by at least the early portion of June or sooner.

Q-6: What are the possibilities in the development of this village as [257] has outlined and planned?

A-6: As [257] has outlined? Very little has [257] outlined. As to those who have been instrumental in aiding and in adding to an idea here and there, very good - and if carried as has been indicated, successful.

Q-7: Will more floor space be required than present 115,000 feet?

A-7: This should be sufficient.

Q-8: Any complications in deal pending?

A-8: This depends upon how well all the various phases are presented.

Q-9: Is Chas. a good man to handle part of the management?

A-9: Each shall be set in their respective sphere. Not overlapping, not in the way one of another; but as the hand coordinates when there is the feeding of the body; as the eye when feeding the mind; as the digesting when building up the body. So shall each department head be set. Then they that would destroy or attempt to assume the activities of any head - Well, what happens to the body? You have been experiencing it in thine own system!

is very good.

Q-10. What part?
A-10. The general or outer management, or coordinating of departments.

Q-11. /165/, and what part?
A-11. Finishings and the social service and the coordination or cooperative activity in the village.

Q-12. Gene of Factory, Pa.?
A-12. Very good in the coordinating of characters of finish; not the finishings but that to be finished - the woods, the joinings, the activities in same. Superintendent, it might be said, of construction.

Q-13. What capitalization will the Wall St. group raise?
A-13. This again depends upon how well and what the plans outlined are to include and how far to go.
Build just for and not for a smattering at everything; or and some ends that might be used in toys - of certain characters.

Q-14. Which of Bros. should remain in organization?
A-14. That one that is the closer to the activities with and /257/ and /165/ and

Q-15. How soon will the factory be able to take on business according to all conditions around it?
A-15. How soon will it rain, or snow or storm? Dependent upon circumstances, conditions brought to bear. How much revamping, how much resetting or reorganization? All of these are dependent upon financial conditions, the policies, the activities.
As indicated, as we find, the mid-season should be ready if it is carried forward.

Q-16. /257/ handling sales and the other 3 in manufacturing, will that make a complete set-up for success?
A-16. As has been indicated.

Q-17. Is there a better location or situation anywhere for /257/ than the present one, to develop
A-17. These are very good. Ideal in many ways, and the surroundings or environs of every nature are an asset - if carried on in the manner as planned; liability if allowed to become a drag, or done half-heartedly.

Q-18. Can /257/ do something unusual to get an unusual large volume business at the May market?
A-18. These as has been indicated for the body oft become boomerangs. It is not those who start at or sail at the highest point without the proper equipment that succeed the most, but they who are able to deliver and alight properly also. Not as to the unusual, but as to rather that which would create in the minds of the trade, the associates, the sincerity and the better policies that are a part of the organization with which /257/ is affiliated. These done, they will build for the better, the more far-reaching and the more successful program to be builded.

Q-19. /257/ has meeting with floor, Bldg., What plan will cause him to get 250,000 from for the factory quickly?
A-19. This is either to be carried through the policies of those that are to finance the whole organization, or they are to be cross-fired and

create confusion in the minds of many and break down without ever assuming proportions to be helpful.

As to how, this may be accomplished in the manner as has been indicated in what is to be presented for the carrying forward of financing of the corporation in the activities that have already been given.

Q-20. Will firm of Underwriters, Inc., 49 Wall St., be able to sell the 400,000 Securities they say they can sell in 3 months?
A-20. This depends upon how they are presented, as has been given.

Q-21. With /257/ handling sales and /165/, and factory, will the project be successful?
A-21. Read that given above.

Q-22. Please advise generally as you did in 1926 what to do now to again achieve my financial position of commercial standing in field, and what my plan should be now.
A-22. This should have been and should be studied now rather as a lesson. If those policies were used during those experiences, that that brought merely volume without the proper consideration of every portion of the factory, of the customer, of the consumer and all. Then that it may have brought note to /257/, but rather did it not bring also regrets on the part of many? Then there were ideals but not altogether idealistic or other than mere ideas with ideals in the shadows and not in the background wholly. Then build in the way and manner as has been set, as has been here also given, and as directed if the body /257/and those of his associates would reap not whirlwinds of fame or of renown but dregs also that become very bitter in the end.

Q-23. A meeting with and /1665/ of is arranged for this week. What can /257/ do to bring about a closing deal between them?
A-23. As has been given, it is not just ready yet. When those facts have been carried forward as has been given, then there may be the consummation. Not until those factors have been done.

Q-24. Has /257/ handled properly so far with , , ?
A-24. In some respects there have been some things held back, some things have been told or given that shouldn't - but in the general, fair. But remember, coordination doesn't mean your hands trying to do the digesting, nor the seeing altogether.

Q-25. Next move to do?
A-25. Clarify the situation between all.

Q-29. Is /257/ in a position now with the above situations pending to be assured of coming out of the depression and out of debt and again being reestablished?
A-29. Provided the ideal - and not merely an idea - is carried forward; and that the ideal is not drenched in self-indulgence, aggrandizement or glory by any of the associates and of /257/ himself. Boast not thyself of yesterday nor today, unless thy conscience be clear with him who may have been to thine own mind thy worst enemy. For that ye worship as thy God is God of thine enemy also;

We are through for the present.

TREATMENTS

#257-159 (1/4/36; m. 42)

Edgar Cayce's reading 1/4/36 in response to phone call from his /Mr. 257's/ secretary - Mr. /257/ choked up with cold, unable to speak above a whisper:

EC: Yes, we have the body here. This we have had before.

The use of those properties that have been indicated for such conditions would be well; that is, taking first an eliminant - or about eighteen hundred (1800) drops of the Castoria, but not at once. Take it in very small or broken doses. After the first container or bottle has been taken in these proportions, which should be about eight-thirty or nine o'clock this evening, then take the Turkish Bath; that is, first the sweats, then the salt rum rubs, and then the alcohol rub after the oil rubs, see?

And during the whole period keep more of an alkalin diet. No white bread. Principally use fruit juices, and citrus fruit juices at that! A little coffee without cream may be taken as a stimulant, or a little whiskey and soda later in the evening may be taken.

And the body should feel physically fit by morning.

Afterwards, then, keep the general rubs and the stimulations through especially the lower dorsal and throughout the lumbar area.

GD's memo: Each bottle of Fletcher's Castoria contains 900 drops. By "broken doses" the reading means a teaspoonful every hour, or half a teaspoonful every half hour.

2/2/36 report by Mr. /257/: "...I felt miserable, but after taking the day's rest and the bottle of Castoria, and the rubs, I could talk the next morning and was at work all day..."

* * *

#137-95 (P-18; 3/3/27)

Yes. Now, we have had these conditions here before, and we find that - with some fresh cold and congestion, combined with re-infection - the conditions have again become exaggerated from that as when last we had this here, and we find too, that the condition as has been treated in part is as treating the effect rather than treating the cause; or as trying to remove blades of grass and not removing that that grows same - for with the fertile soil, same continues to put forth those hindrances as here. With the continual congestion from conditions in the hypogastric and gastric regions - we find the disturbed circulation, the hindered elimination, continue to cause pressure in the head, neck, throat and the whole of the sensory system.

By the use of antiseptics alone, in congested portions - as in nostrils, ears, throat, eyes - relief will be found from the external secretions as are formed, and prevent the re-infection - for tissue is involved, as is seen, and by applying those elements as given, internally, for the gastric conditions, and by stimulating with the massage of the equal portions of myrrh and of the olive oil in the centers as are seen from the solar plexus to the base of brain - stimulation to those centers - will enable the body to throw off these conditions through their normal channel, and thus reach the base or cause of these conditions.

Rest necessary - as is rest for the digestive system in the manner given, for to cause this center (the gastrics) to again become in that condition of throwing refuse in the upper circulation, rather than eliminating same through the dross channel, is as but adding fuel to the flame - and in the manner as outlined should this be handled, see?

Ready for questions.

Q-1. What antiseptic should be used for the eyes, nose, ears, etc.?
A-1. That in throat, eyes, and the nose, use that of the Glyco-Thymoline and Listerine, alternately. One as an alkaline, the other as an acid - gargling with these; bathing with the weak solution, or snuffing or spraying nostrils, as to clear this portion of the head.

Use the massage and rub at least twice each day.

As soon as the physical conditions permit we would change to the warmer clime - such as Cuba, or Bahamas. These would be well, see? for six to eight weeks.

Q-2. In what proportion should the Glyco-Thymoline and Listerine be used?
A-2. In the throat and nostrils as gargle or spray, in normal quantity. That for the eyes would be weakened very materially, of course - but when used in throat and nostrils, little will be required for eyes, see?

We are through for the present.

* * *

#2175-2 (P-1; 2/10/41)

Prepare this compound in two solutions, you see, that is, melt the Mutton Tallow and this would be a separate solution, until the others are added. Do not attempt to mix the tallow in its original state, but melt it. Then - while it is not too hot, but before it congeals - add an equal amount of each of the other ingredients; first the Turpentine, then the Camphor.

* * *

#2051-3 (P-2; 12/16/40)

...Liquefy the Mutton Tallow, then add the same quantity of the Turpentine, and THEN the same quantity of Camphor, see. Stir these together ... Keep up the gentle rubs each evening.

* * *

#1100-29 (P-27; 6/4/40)

Massage the glands on the throat and upper portion of the chest, in the hollow of the throat and neck, on the glands of the side, with an equal combination of Mutton Tallow (melted), Spirits of Turpentine and Spirits of Camphor; and in the evening put two thicknesses of flannel around same.

This should within twenty-four to forty-eight hours, as we find, reduce the conditions. [for this body]

With the diet, of course, take those things that are more of the liquid nature.

Have good eliminations, preferably with either the Castoria or Syrup of Figs, or any compound that is of Senna base.

Do these, as we find, for the immediate; and have a good, general, thorough osteopathic treatment to relax the body thoroughly afterwards.

* * *

#288-44 (P-26; 2/6/39)

Q-1. Should anything further be done to eliminate present cold? What produces these poisons?
A-1. As has been indicated; the colonic and the eliminations set up; KEEPING the alkalinity, - though don't overdo this, see?

Instead of snuffing, BLOW. Instead of resentments, LOVE!

PREVENTION

#1100-20 (P-19; 12/9/38)
Q-2. What can I do to build resistance against head colds?
A-2. Keep the normal acidity and alkalinity, by occasionally taking the test with litmus paper - both from the urine and from the spittle. Use the blue litmus, see?

When there is the inclination for acidity, use any of the sodas or their derivatives (citrocarbonates) as would make for producing a better balance. Thus we will find the colds will be eliminated.

* * *

#413-4 (P-2; 9/28/33)
Q-2. What should be done to build resistance against colds?
A-2. Keep the body more alkalin. This may be done by taking food values that are more alkalin in their reaction, and occasionally - say once a week (but do not take it every day) - take a small quantity of plain baking soda; using Glyco-Thymoline as a mouth wash, and occasionally swallow a few drops, for it's an intestinal antiseptic - and there is none better for keeping the eliminations throughout the body, tending toward alkalinity in the alimentary canal - where most disorders arise.

* * *

E654-3 (P-3; 6/21/28)
Q-3. How can she prevent taking "flu"?
A-3. As given. To prevent taking cold is to prevent the body from reaching that point where the blood is acted upon by that bacilli known as cold, or the preventive is to create in the system that which combats cold (which is pure rich blood!), by keeping the system nominally balanced, keeping the metabolism of the body at or near normal.

* * *

#386-3 (P-3; 10/25/33)
Q-17. How can I prevent from having colds all the time?
A-17. It would require volumes to give that which would prevent anyone from having colds! for all those conditions that produce colds would have to be considered; diet, eliminations, drafts, changes of temperature, and everything of the kind.

But if a body is sufficiently balanced as to make for resistance there will be sufficient leucocytes in the blood supply to choke a cold to death immediately! But to keep such a resistance is to keep a body normally balanced, and to be mindful of those things that we have given. For, colds are plasms that find their reaction in the blood, until they have become some form of the strep nature. Then they work through to the organs in the system, see? They first begin with the lymph, or the water and white blood, and get hold upon the system unless the supply of leucocytes or warriors is present in the system to choke them to death. A cold can't make headway when the warriors are sufficient, or the leucocytes.

* * *

#3248-1 (P-1; 9/29/43)
Q-4. How can I overcome susceptibility to infections such as colds, influenza, etc.?
A-4. As we have just indicated, by keeping the body alkaline. Only in acids do colds attack the body.

CAUSES

#340-32 (P-31; 1/7/36)
Q-1. In case of severe cold such as I have now, when I first take same, what is the first step I should take to correct it?
A-1. What causes it? Then, just as has been indicated here for this body, in the present. This may not be the same the 3rd of February, when you'll take another one if you don't watch out! for that may be from an entirely different cause!

* * *

#1523-17 (P-9; 12/29/43)
...There has arisen the acute conditions not only from physical reactions but mental conditions that have been as resentments, which have been builded into the mental forces of the body.

These are indicated in the toxic conditions from cold, as well as the poisons from gum conditions have settled in joints, as in hips, shoulders, neck and head.

* * *

#294 (P-97; 3/14/44)
In the present the unbalanced condition in the physical of the alkalinity and acidity has caused, and does cause, congested areas in the functioning of the body. These as to their sources have in the main arisen from anger (physical) produced by the activities of environs about the body; thus causing the throwing into the lymph circulation those poisons which reacted upon the general physical body-relationships with the mental and spiritual activities of the body.

For the glands secrete according to impulse from the emotional system. This has been, then, the source of the disturbances in the body.

* * *

#849-78; (P-66; 1/25/44)
Q-6. Is the body getting rid of the poisons discharged into the bloodstream as well as can be expected?
A-6. As indicated, it is getting rid of some, but when there is the ruffling of your disposition when there is any anger, it prepares the system so that it blocks the flow of the circulation to the eliminating channels.

Thus you can take a bad cold from getting mad. You can get a bad cold from blessing out someone else, even if it is your wife.

* * *

#1947-4 (P-2; 10/11/39)
Q-15. What causes colds? Can you give me a formula or method of preventing them, or curing them?
A-15. Keep the body alkaline! Cold germs do not live in an alkaline system! They do breed in any acid or excess of acids of ANY character left in the system.

* * *

288-32, f. 28; bronchitis; 3/1/33: COMMON COLD

Those tendencies for congestion and cold in the bronchi and throat, and the tendency for the hepatic eliminations to be below the normal, so that the circulation has become such as to be slowed up through the lungs, makes for a tendency for congestion there of a nature that is not good.

If there will be taken those properties for the system that may be given here, and sufficient of those vibrations as to relax those centers from which the throat, the upper lungs, the condition in throat receive their impulse, these would soon disappear.

Keep the feet dry. Keep out of night air. Keep the general care of the system, that the body is kept warm - especially the feet; that the diet is such as to build for more blood and better resistance.

Take a course of those forces that will act upon the liver and the organs of elimination; not so much as to produce the exciting of the hypogastric forces of the system, so as to produce drains upon the system but as to make for the stimulation of the flow of the bile to cleanse the system as related to the blood stream.

This would be as a dose, in each capsule:

Podophyllum.....$\frac{1}{4}$ grain.
Cascara Sagrada.....$\frac{1}{2}$ grain.
Senna.....$\frac{1}{4}$ grain.

Sufficient of any compound to hold these in the capsule, or in position for activity, see? which may be either bread crumbs or any powder that works with same.

At least three of such capsules we would take, allowing one day between each capsule,see? That is, as one taken today - Wednesday, the next would be taken Friday, see?

We would also have those stimulations by the electrically driven vibration over the upper portion of the dorsal and all of the cervical area, at least every evening.

We would prepare as an expectorant, this:

* To a solution made with 1 ounce of honey in 2 ounces of water (dissolved in same as a syrup), add 2 ounces of Pinex. The dose of this would be half to a teaspoonful when necessary to reduce the irritation in the throat. Don't take too much of it, but take sufficient to reduce the irritation and the tendency for cough or for nausea.

288-33, f. 28, 3/6/33:

Mr. C: We have the body here. Now, as we find, the general physical forces of the body are much improved from that as when we last had same here. While, to be sure, there is a great deal of disturbance through the digestive system and nausea, and poor external circulation; showing a tendency for a deep circulation rather than external or superficial circulation, but in the present, if

there will be kept the feet warm, keeping out of the damp or night air, and taking those properties as to cleanse the system thoroughly and to stimulate the circulation in all portions of the body, we should find, within one to two days, this condition disappearing. Then be mindful that there is kept a better equal balance, better coordination in all the activities of the body.

In the evening, then we would take those of Alophen, with at least ten grains of Aspirin and a good swallow of Spirits Frumenti to make for a stimulation to the whole capillary circulation...but go to bed when its's taken!

We would also bathe or massage the feet with anything that will make for a stimulation to the circulation to the extremities.

Also we would take occasionally that which has been given as the expectorant,* or for the cold or congestion in lungs, and add to same occasionally one to two grains of Calcidin - which will stimulate the circulation now from the lungs.*[288-32]

Then, be well by Wednesday! Ready for questions.

Q-1: What makes the body so hungry all the time?

A-1: The desire for the resuscitation of the circulation, or the need of blood in the body. It's about ten million below normal in the red blood supply.

Q-2: What advice regarding this condition?

A-2: As given, when there has been the cleansing of the congestion from the properties given, and the circulation stimulated by the acid in the active force of the properties taken with the Spirits Frumenti; stimulating the circulation, carrying the circulation not only to the digestive forces of the body but to the whole portions of the body, stimulating the lung circulation with those properties to keep an even balance in the foods, see? Don't eat a lot one day and nothing the next! Don't overeat at one period and then eat things known to be harmful to the body at the next, see? But keep a coordinating balance. One that is blood and nerve building. But some meats! and some of those of all the properties that require roughage, or the activity of the system to digest them - all such properties!

Q-3: Should the vibrator be continued?

A-3: We didn't say discontinue it, did we? Then it's to be continued!

Q-4: How long at a time?

A-4: One, three, four, five weeks at a time, if so desired.

Q-5: How long at each treatment?

A-5: Hour, or hour and a half. Whatever is necessary to bring about proper condition, if it takes one minute or an hour, or two hours, do it! If you're interested in what you're trying to do! It's to relax the body, whether it requires a minute or a week, or an hour!

Q-6: What would you suggest to use to massage the feet with?

A-6: Anything! Hot water is very good. Anything that will bring the circulation. Grease of any kind - but don't get it all over everything! Use consistency with whatever is necessary. Camphorated oil, turpentine, grease of any nature - *anything* that brings the circulation. Salt, soda - anything.

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 14th day of May, 1941, in accordance with request made by the self - Mr. Thomas Sugrue, Active Member of the Ass'n for Research & Enlightenment, Inc.

PRESENT

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno.; Thomas Sugrue and Gertrude Cayce.

READING

THOMAS SUGRUE'S BASIS FOR
PHILOSOPHY CHAPTER OF "THERE IS A RIVER"

Time of Reading
4:10 to 4:35 P.M. EST.

HLC: You will have before you the enquiring mind of the entity, Thomas Sugrue, present in this room, and certain of the problems which confront him in composing the manuscript of THERE IS A RIVER.

The entity is now ready to describe the philosophical concepts which have been given through this source, and wishes to parallel and align them with known religious tenets, especially those of Christian theology.

The entity does not wish to set forth a system of thought, nor imply that all questions of a philosophical nature can be answered through this source--the limitations of the finite mind prevent this.

But the entity wishes to answer those questions which will naturally arise in the mind of the reader, and many of the questions which are being asked by all people in the world today.

Therefore the entity presents certain problems and questions, which you will answer as befits the entity's understanding and the task of interpretation before him.

Mr. C: Yes, we have the enquiring mind, Thomas Sugrue, and those problems, those questions that arise in the mind of the entity at this period. Ready for questions.

Q-1. The first problem concerns the reason for creation. Should this be given as God's desire to experience Himself, God's desire for companionship, God's desire for expression, or in some other way?
A-1. God's desire for companionship and expression.

Q-2. The second problem concerns that which is variously called evil, darkness, negation, sin. Should it be said that this condition existed as a necessary element of creation, and the soul, given free will, found itself with the power to indulge in it, or lose itself in it? Or should it be said that this is a condition created by the activity of the soul itself? Should it be described, in either case, as a state of consciousness, a gradual lack of awareness of self and self's relation to God?
A-2. It is the free will and its losing itself in its relationship to God.

Q-3. The third problem has to do with the fall of man. Should this be described as something which was inevitable in the destiny of souls, or

something which God did not desire, but which He did not prevent once He had given free will? The problem here is to reconcile the omniscience of God and His knowledge of all things with the free will of the soul and the soul's fall from grace.
A-3. He did not prevent, once having given free will. For, He made the individual entities or souls in the beginning. For, the beginnings of sin, of course, were in seeking expression of themselves outside of the plan or the way in which God had expressed same. Thus it was the individual, see?
Having given free will, then, - though having the foreknowledge, though being omnipotent and omnipresent, - it is only when the soul that is a portion of God CHOOSES that God knows the end thereof.

Q-4. The fourth problem concerns man's tenancy on earth. Was it originally intended that souls remain out of earthly forms, and were the races originated as a necessity resulting from error?
A-4. The earth and its manifestations were only the expression of God and not necessarily as a place of tenancy for the souls of men, until man was created--to meet the needs of existing conditions.

Q-5. The fifth problem concerns an explanation of the Life Readings. From a study of these it seems that there is a trend downward, from early incarnations, toward greater earthliness and less mentality. Then there is a swing upward, accompanied by suffering, patience, and understanding. Is this the normal pattern, which results in virtue and oneness with God obtained by free will and mind?
A-5. This is correct. It is the pattern as it is set in Him.

Q-6. The sixth problem concerns interplanetary and inter-system dwelling, between earthly lives. It was given through this source that the entity Edgar Cayce, after the experience as Uhjltd, went to the system of Arcturus, and then returned to earth. Does this indicate a usual or an unusual step in soul evolution?
A-6. As indicated, or as has been indicated in other sources besides this as respecting this very problem, - Arcturus is that which may be called the center of this universe, through which individuals pass and at which period there comes the choice of the individual as to whether it is to return to complete there -- that is, in this planetary system, our sun, the earth sun and its planetary system...or to pass on to others. This was an unusual step, and yet a usual one.

Q-7. The seventh problem concerns implications from the sixth problem. Is it necessary to finish the solar system cycle before going to other systems?
A-7. Necessary to finish the solar cycle.

Q-8. Can oneness be attained--or the finish of evolution reached--on any system, or must it be in a particular one?
A-8. Depending upon what system the entity has entered, to be sure. It may be completed in any of the many systems.

(Answers 9 through 24 continued in September 1959 Supplement)

(Continued from August 1959 Supplement)

Q-9. Must the solar cycle be finished on earth, or can it be completed on another planet, or does each planet have a cycle of its own which must be finished?
A-9. If it is begun on the earth it must be finished on the earth. The solar system of which the earth is a part is only a portion of the whole. For, as indicated in the number of planets about the earth, they are of one and the same--and they are relative one to another. It is the cycle of the whole system that is finished, see?

Q-10. The eighth problem concerns the pattern made by parents at conception. Should it be said that this pattern attracts a certain soul because it approximates conditions which that soul wishes to work with?
A-10. It approximates conditions. It does not set. For, the individual entity or soul, given the opportunity, has its own free will to work in or out of those problems as presented by that very union. Yet the very union, of course, attracts or brings a channel or an opportunity for the expression of an individual entity.

Q-11. Does the incoming soul take on of necessity some of the parents' karma?
A-11. Because of its relative relationship to same, yes. Otherwise, no.

Q-12. Does the soul itself have an earthly pattern which fits back into the one created by the parents?
A-12. Just as indicated, it is relative--as one related to another; and because of the union of activities they are brought in the pattern. For in such there is the explanation of universal or divine laws, which are ever one and the same; as indicated in the expression that God moved within Himself and then He didn't change, though did bring to Himself that of His own being made crucified even in the flesh.

Q-13. Are there several patterns which a soul might take on, depending on what phase of development is wished to work upon--i.e., could a soul choose to be one of several personalities, any of which would fit its individuality?
A-13. Correct.

Q-14. Is the average fulfillment of the soul's expectation more or less than fifty percent?
A-14. It's a continuous advancement, so it is more than fifty percent.

Q-15. Are hereditary, environment and will equal factors in aiding or retarding the entity's development?
A-15. Will is the greater factor, for it may overcome any or all of the others; provided that will is made one with the pattern, see? For, no influence of heredity, environment or what not, surpasses the will; else why would there have been that pattern shown in which the individual soul, no matter how far astray it may have gone, may enter with Him into the holy of holies?

Q-16. The ninth problem concerns the proper symbols, or similies, for the Master, the Christ. Should Jesus be described as the Soul Who first went through the cycle of earthly lives to attain perfection, including perfection in the planetary lives also?
A-16. He should be. This is as the man, see?

Q-17. Should this be described as a voluntary mission One Who was already perfected and returned to God, having accomplished His Oneness in other planes and systems?
A-17. Correct.

Q-18. Should the Christ-Consciousness be described as the awareness within each soul, imprinted in pattern on the mind and waiting to be awakened by the will, of the soul's oneness with God?
A-18. Correct. That's the idea exactly!

Q-19. Please list the names of the incarnations of the Christ, and of Jesus, indicating where the development of the man Jesus began.
A-19. First, in the beginning, of course; and then as Enoch, Melchizedek, in the perfection. Then in the earth of Joseph, Joshua, Jeshua, Jesus.

Q-20. The tenth problem concerns the factors of soul evolution. Should mind, the builder, be described as the last development because it should not unfold until it has a firm foundation of emotional virtues?
A-20. This might be answered Yes and No, both. But if it is presented in that there is kept, willfully, see, that desire to be in the at-onement, then it is necessary for that attainment before it recognizes mind as the way.

Q-21. The eleventh problem concerns a parallel with Christianity. Is Gnosticism the closest type of Christianity to that which is given through this source?
A-21. This is a parallel, and was the commonly accepted one until there began to be set rules in which there were the attempts to take short cuts. And there are none in Christianity!

Q-22. What action of the early church, or council, can be mentioned as that which ruled reincarnation from Christian theology?
A-22. Just as indicated, - the attempts of individuals to accept or take advantage of, because of this knowledge, see?

Q-23. Do souls become entangled in other systems as they did in this system?
A-23. In other systems that represent the same as the earth does in this system, yes.

Q-24. Is there any other advice which may be given to this entity at this time in the preparation of these chapters?
A-24. Hold fast to that ideal, and using Him ever as the Ideal. And hold up that NECESSITY for each to meet the same problems. And DO NOT attempt to shed or to surpass or go around the Cross. THIS is that upon which each and every soul MUST look and know it is to be borne in self WITH Him.

We are through for the present.

Copy to Thomas Sugrue
" " Association file

f. 59, fracture; arm in cast from auto accident. 1/26/35:

As we find, there are the proper reactions in the system, and the body would be said to be rather in the recuperative state from injuries not only to the mental body but to physical structure - as well as the shock to the nervous system; yet those things most necessary are to keep the proper diet, in such a way and manner as to supply an even balance as near as possible for the reconstruction, and to add that which will make for a better coordination as to the vibrations to the whole physical force of the body, will be the greater or better applications for the body in the present.

Hence we would use those foods that carry in a soluble manner that which may be absorbed and become replenishing or rebuilding for the blood; or the calciums, irons, glutens that make for the urea. We would use principally an alkalin-reacting diet, according to this as an outline:

Mornings - citrus fruit juices; orange juice and lemon juice combined, pineapple and pineapple juice, figs; or the dried figs stewed, or the cereals that have more of the whole wheat with raisins in same - though do not use citrus fruit and cereal at the same meal. Whole wheat bread or cracked wheat bread toasted, with a little butter. Ovaltine or Sanka coffee or milk.

Noons - whole green vegetables are more preferable to heavier foods, especially at noontime; and these should be taken raw, in the form of a salad; such as celery, lettuce, onions, leeks, tomatoes, peppers, radish, carrots and the like - raw cabbage, especially the sprouts or the like. An oil or salad dressing may be used that will make it more palatable for the body; and this should be with calcium - rather sodium chloride, that is iodized and more preferable for the calciumizing or working with the conditions necessary for recuperative forces of the body. During those periods when there is little of the activity, so that there are not the normal eliminations, well that the vegetables or fruits that are the more laxative in form be used as a portion of the meal; such as rhubarb, figs, pears - of course, these should be either fresh or those canned without any superficial or artificial preservative.

Evenings - a well-balanced vegetable diet. The meats that would be included would be fish or shell fish or lamb, and occasionally wild game or fowl. However, none of these should ever be fried. It would be especially well at the evening meal to have red cabbage, provided it is prepared in its own source - as cooked in Patapar paper, so that all the juices and vitamins may be retained in same. It should be the same with fresh beans, peas, lentils or beans may be a part of the diet.

These, as we find, would be the better for this body for keeping the proper balance.

When there is the removal of those braces, or that which holds same in place (and, as we find, this is knitting - and very well done), we would massage the arm with salt and vinegar. This will be most helpful; also - when knitting - that the shoulder and the brachial center be massaged with same. Do this once or twice a day; it will relieve, and the absorption through this manner would be well.

The electrical vibrations, as in any of the radial activity forces of the electrical energy, will be found to be most helpful; not too high, but those that are attuned rather to the vibrations of the body. Especially will such be helpful if creating for the respiratory system the ozone that is effective in making for better removal dioxide through the respiratory system.

In following these, we would find we would bring the bettered conditions for this body.

/Three months later, severe eczema/ 5/3/35: 3823-3

Don't add to this nor take from it, nor do this and don't do the other! Follow those suggestions as to the alkalinity to be kept in the system. Don't overdo it, however, else we will find the necessity of adding to the system that which will aid in creating for the body the hydrochlorics, see? that rise at the time of the digestive forces going to work in the system; that is, after food is taken, as there begins that motion of the stomach in the pylorus portion and throughout the duodenum. We will find the secretions begin to act from the glands there to produce in the churning of the foods that which produces the proper amount of the fluids from the activity of the organs as indicated with that secreted in the system itself to produce the manner in which assimilation - through the lacteal ducts and glands - may add that to the body for body, blood, nerve and system building. See? It is the storehouse or the chemical shop, or the activities - as has oft been indicated there - to keep these in the balance....

f. 50, sour stomach, heart engorged - 3/28/39: 1852-1

Q-6. Is it alright to use club aluminum waterless cooker for preparing my food?
A-6. This is very well, but PREFERABLY Patapar Paper is the better manner for preparing food, especially for this body during the periods that the properties or foods and the medicinal appliacations are being administered.

Of course, there are some foods that are affected in their activity by aluminum, - especially in the preparation of certain fruits, or tomatoes, or cabbage. But most others, it is very well.

Sleep is that period when the soul takes stock of what it has done in the waking state. 5754-2

Sleep is a shadow of that state called death. 5754-1

Consciousness is sought by man for his own diversion. In sleep the soul seeks its real diversion, or the real activity of self (the higher self). 5754-3

This other self goes out into the realm of experience which constitutes all relationships, all experiences of that entity throughout the eons of time. 5754-2

As we see, all visions and dreams are given for the benefit of the individual, would he but interpret them correctly.

Visions or dreams, in whatever character they may come, are reflections of (1) physical conditions, with variations of same; (2) the subconscious, with the conditions relating to the physical body and its actions through either the mind or through the elements of the spiritual entity; or (3) a projection from the spiritual forces to the subconscious of the individual. 294-15

Dreams come to the individual through the subjugation of the conscious mind during sleep. The subconscious mind, being of the soul, when loosed during sleep is able to communicate with the subconscious minds of other beings, whether in the material or the cosmic plane. 243-5

Some dreams are produced by suggestions which reach the physical consciousness through various manners during sleep. Then those influences come through which the spirit and soul has manifested. They are re-enacted by the soul and spirit force. When the action is of such a nature as to bring back impressions to the conscious mind in the material plane, it is termed a dream. 3744

As in all visions or dreams, when the body is attuned to those vital conditions that make or mar lives, we find that the subconscious, the mind of the soul, attempts through this means to clarify conditions for each entity. 106-8

For truths are given - and in this day and age the Spirit of forces that come from on high speak as often as they did of old. 294-34

Q-4 What state or trend of development is indicated if an individual does not remember dreams?

A-4 Negligence of its associations, physical, mental and spiritual. It indicates a very negligent personage. 5754-3

The following is a dream experienced by Edgar Cayce on the morning of Saturday, December 4, 1926 - and its interpretation as given in a reading:

Q-1: I dreamed I had an enclosure in which there were all kinds of birds, beasts and fowl, with a large, high wire fence around these. I noted especially there were a bear, goat, sheep, deer, goose, fox, wolf and dog. The dog was one I knew. I was feeding them and realized that it took different feed for the various kinds of fowl and beasts that were there. But at the time I was feeding shelled corn. A few grains went through the fence, and I saw the goose and wolf go through the fence, but I couldn't understand how they went out, and then came back in after getting the few grains. While stooping I heard and saw a commotion among all the animals and birds. It

seemed like a warning cry. Each in its own language was trying to tell me I was in danger. I realized it was the bear behind me. But I thought, "A bear doesn't do anything but scratch or hug one to death." The bear was sitting on its haunches with paws outstretched. The dog, the goat and the deer sprang to scare the bear away. In a flash I wondered if it meant to harm or caress me.

A-1: In this there is presented a vision of far meaning to the entity, when properly understood. Many phases of the entity's endeavors are visioned in the presentation. The enclosure is that condition hedged about by the entity's field of endeavor to be of assistance to others, and in same there is seen all manner of beast and fowl and birds. Some especially are noted.

For, as seen, each animal, bird or fowl has been so named for some peculiarity (of the creature), and represents some particular phase of man's development in the earth, or that consciousness of some particular personality that is manifested in man.

Not that man develops from the animal, or the animal from man; but, as has been given, all beasts, birds and fowls were made for man's use and sustenance. Hence, each must supply . . . in its associations and relations, some element that is necessary for man's development.

In this light, then, we find the entity supplying that food for development, physically and mentally, for those different phases of mankind's personality. And all are seen represented - as seen by the consciousness of the individual that various phases of the vegetable and animal world are necessary (to sustain each creature).

As seen in the casting of corn, or that necessary to supply for the development of the animal or fowl, some grains passed through the enclosure; or, some words that were spoken by the entity were as the casting of pearls before swine - or going beyond the reach. Yet, as we see, two which represent different phases of man's personality - the goose and wolf - are even able to reach same when cast beyond reach.

How this is understood, or how this is reached, troubles the entity. And, as the entity stoops to see, to understand how these animals and fowl pass in and out, or gain access to the knowledge, there appears the heavier beast that, to others - to others, that is - would appear to do harm.

As seen again in the nature, the character of the beast (the bear) itself, it presents a phase of development to the entity regarding certain individuals, or a certain class, rather, that would act in such a manner as this beast does regarding the information, or the truths or lessons being cast before these for their sustenance. As seen in the manner of the beast represented by the bear; that one which would, under certain conditions, be very destructive; under other expressions of its consciousness, playful, and as caressing and loving and tender and protective of the best interests of the individual in every way as would any of those who come to the individual's assistance.

Yet, when there is fear of destructive forces, there are especially three characters that rise to the defense of the truth. One, in the form of a dog, which represents a certain nature or character or disposition of an individual - which may not always be trusted; the other in the deer, which represents another form; the other in the fox or wolf, which represents still another - some that would save for self, but would be destructive to all. Some that are, as it were, as one protecting that which it loves, that it may destroy it itself - see? These are the characteristics, the elements, the conditions.

This is a beautiful lesson, to be studied hard. And much may be gained therefrom. For it will be found the basis of something that may be used as a lesson to many.

We are through for the present. 294-87

9/5/27 EC's reading for a young man studying the EC philosophy:

Q-8. Now let's see - in environment and heredity -
A-8. Much has been given as regarding these various conditions as have been presented to the body, for in acquiring the perfect understanding of hereditary conditions and environmental conditions, let not hereditary mean only that of the present generation, see? That is the entity. We have begun to reason from inside out. Not from outside in. Though the illustrations may be presented that are seen from outside in.

In environmental conditions, a great study has been made recently by Brennan concerning this very condition, in which there are some twenty thousand of the illiterates and the ones who have been termed as weak-minded that have lived in an environmental condition until the condition itself has presented that as from the scientific standpoint of being the cause of insanity.

Then, in the presentation of hereditary conditions, and of environmental conditions, we find by the comparison of these two, this presents quite a condition to be reckoned with, and - as has been for the ages past, and will be for ages onward - the study of man as to whether environmental conditions or heredity produce the greater part in the one development. The answer is the application ever of will in either direction. Reckoning then as to whether will has been applied in more of the earth experiences, or has that of environmental used, rather than been used by, the entity itself. Get the point? Has the entity in its experience through its will applied that of will toward the development, or has it allowed itself to be used by the environment and become subject to environment, or has it developed itself through its will towards its own hereditary position - for all the children of God. How has the development led?

Q-9. Now, let's take the animal. One great belief at the present time is the survival of the fittest -
A-9. Applies in the animal kingdom - not in man!

Q-10. That's a touchy point, and it will take a lot of explanation on my part.
A-10. Let all read history!
Which has survived - the brute strength, or the development towards that of God? which survives - the man that studies God and seeks to emulate His forces and powers, or the man that emulates the forces of earth or flesh? This answers itself!

Q-11. Well, not I take it that misapplication of creation, or of the coming into being of environment is correct - that is, the pushing of its way finally into liquid state and then carrying on into the mineral kingdom, vegetable kingdom, and lower animals of this original homogeneity, and then the coordination of its elements to push further into a two dimensional environmental condition that - carrying on in a duplication process - builds up in the lower kingdoms that called heredity.
A-11. Correct. Yet we find this may be carried to that very same extent, unless there is taken into consideration that as this condition existed, as this evolution began in the mind of the Creator, there then came the point, the place, the beginning, when that as created was given that as was necessary to make its development by applying these same forces One with that Creative Energy. Hence the next creation.

Q-12. I have to study this.
A-12. That is, the kingdoms then being termed in the manner in which the conception may be gained better of this in earth's plane we are dealing with, alone, in this kingdom we find first, as the worlds were created - and are still in creation in this heterogeneous mass as is called the outer sphere, or those portions as man looks up to in space, the mists that are gathering - what's the beginning of this? In this same beginning, so began the earth's sphere. The earth's sphere, with the first creation in the mind of the Creator, has kept its same Creative Energy, for God is the same yesterday, today and forever, and the same in one creation creates that same in the other creation. One keeps right on through with the other, see? Now, as this mass has pushed up into that wherein it reverses itself, as it were, making then its own environmental condition, and the survival of the stronger of these came to that as the animal kingdom, see? Now, as this came into the animal kingdom, then correct is that as is said, "God said, we will make man." Then man - the creation in itself, that combining all of the forms of the creation so far created, that that same force might understand by having passed through that same creation as was necessary to bring up to that dividing point between man and animal and plant, and mineral kingdom - was given then the will, and the soul, that it might make itself One with that Creation. Now, that will, then, is heredity. That environment is the evolution. There you have reincarnation, there you have evolution, there you have the mineral kingdom, the plant kingdom, the animal kingdom, each developing towards its own source, yet all belonging and becoming one in that force as it develops itself to become one with the Creative Energy, and One with the God. The one then surviving in the earth, through mineral, through plant kingdom, through the vegetable kingdom, through the animal kingdom, each as the geological survey shows, held its sway in the earth, passing from one into the other; yet man was given that to be lord over all, and the only survivor of that creation.

We are through for the present.

3/9/29 EC reading extract: 900-429

Q-14. Now in the Life Readings, in studying same I note a change of sex from one incarnation to another. I -
A-14. How oft has there been the expression heard, "Were I a man - ", or "Were I a woman - and I would do so and so." They do it! That as is constantly builded in the mental being takes shape in the home of the soul, whether to build that of the man or woman in a material world; for man is so much a portion of the whole as to either be a co-worker, a co-builder with the oneness of the force called God, or a destroyer - and as these forces then are builded, they take physical form through that experienced by the body of the entity (not the physical, but the body of the entity - the soul). The soul is that everlasting portion of a body that is either crowded into that (beings that are known as men and women) of small or great stature. As has been studied time and again, as has been long seen and known by man that the Laplander gradually attains to a certain stature and build. Why? The material surroundings are such that that is that necessary for the best development through that individual plane, phase, place, position, of such peoples. Peoples seek, thenn through that same channel through which it (the soul, the entity) may develop, that as necessary for its experiences to bring the perfect understanding of that oneness of which there has much been spoken.

(Extract from EC's reading 2/14/24) 3744-4

Q-45. Define the word evolution with reference to the human family.
A-45. Evolution with reference to the human family is,as commonly understood by the humanfamily, relative. Upon this subject of evolution there has been much discussion by many peoples, and the question has become one that involves many different phases and meanings to many peoples. In reference to the human family, evolution means rather resuscitation of those forces that have gradually brought man to understand the law of self from within, and by understanding such law has brought the better force in man to bring about the gradual change that has come to man, known through all the ages.

Man was made as man. As given, there were, there are, as we find, only three creations:matter, force, and mind. In each we find the forces developed into the conditions as we find at the present time. All flesh is not of one flesh, but the developing of one has always remained in the same; it has only been to meet the needs of man, for there was made all that was made, and man's evolving - or evolution - has only been that of the gradual growth upward to the mind of the Maker.

Q-46. Is the Darwinian theory of evolution of man right or wrong? Give such an answer as will enlighten the people on this subject of evolution.
A-46. Man was made in the beginning, as the ruler over those elements that were prepared in the earth plane for his needs. When the plane became such that man was capable of being sustained by the forces and conditions which were upon the face of the earth plane, man appeared - not from that already created but as the Lord over all that was created. In man there is found - in the living man - that, all of that, which may be found without, in the whole world or earth plane; and other than (in addition to) that, the SOUL OF MAN is that making him above all animal, vegetable, mineral kingdom of the earth plane.

Man DID NOT descend from the monkey, but man has evolved - resuscitation, you see - from time to time, time to time, here a little, there a little, line upon line, and line and line upon line.

In all ages we find this has been the developing - day by day, day by day; or the evolution as we see from those forces as may be manifested by that which man has made himself - the gradual improvement upon the things made by man, yet made to suffice the needs of certain functioning portions of man's will force, as may be manifested by man, but ever remaining that element to supply that need, whether of sustenance or other functions of man's individual needs, as created by man. This becomes then the exponent of the force as his Creator made him, for the world and the needs and conditions. Man's compliance nearer with those laws brings him gradually to that development necessary to meet the needs of the conditions, place or sphere in which the individual is placed. As in this:

The needs of those in the North Country are not the same as those in the Torrid Region. Hence development comes to meet the needs in the various conditions under which man is placed. He only uses those laws that are ever and ever in existence in the plane, as given in that of relativity (See A-39), according to the needs from one relation to another. (/on page 2 of Suppl.)

The theory is, man evolved - or evolution - from first cause in creation, and brings forth to meet the needs of the man. The preparation for the needs of man has gone down many, many thousands and millions

of years, as known in this plane, for the needs of man in the hundreds and thousands of years to come. Man is man, and God's order of creation, which he represents even as His Son, who is the representative of the Father. He took on the form of Man, the highest of the creation in the plane, and became to man that element that shows, and would and will show, the way, the directing way, the Life, the Water, the Vine, to the everlasting, when guided and kept in that manner and form.

Q-47. Where does the soul come from, and how does it enter the physical body?
A-47. It is already there. "And He breathed into him the breath of life, and he became a living soul," as the breath, the ether from the forces that come into the body of the human when born breathes the breath of life, as it becomes a living soul, provided it has reached that developing in the creation where the soul may enter and find the lodging place.

All souls were created in the beginning, and are finding their way back to whence they came.

Q-48. Where does the soul go when fully developed?
A-48. To its Maker.

(Extract below of A-39 is the first question asked in rdg.2/14/24) 3744-4

Q-39. What are the laws governing relativity of all force?
A-39. In giving the manifestation of such a law, which does exist, we first must consider that which is called force, and that force then in its relation, or the relativity of that force, to all force.

There are, as set in the beginning, so far as this physical earth plane is concerned, those rules or laws in the relative force of those that govern the earth, and the beings of the earth plane. These same laws govern the planets, stars, constellations, groups, that which constitutes the sphere, the space in which the planet moves. These are of the one force, and we see the manifestation of the relation of one force with another in the many various phases as shown; for, in fact, that which to the human mind exists, in fact does not exist, for it has been in the past before it is to the human mind in existence.

In this we see the law of the relation of conditions, space or time and its relation to human mind, as it is capable of obtaining information upon the earth plane from a normal force or condition. Hence, we bring the same word, relativity (of force) to prove its own self, and condition; for we have as in this:

The earth in its motion is held in space by that force of attraction, or detraction, or gravitation, or lack of gravitation in its force, so those things that do appear to have reality, and their reality to the human mind, have in reality passed into past conditions before they have reached the mind. For with the earth's laws, and its relations to other spheres, it has to man become a past condition. So it is reached only in the further forces as will show, and as given, for man to understand in this developing, or this evolution from sphere to sphere, or from plane to plane, in this condition.

Hence we find to the normal mind there is no law as to relativity of force, save as the individual may apply same in the individual's needs of them. That is sufficient.

(EC's reading 10/9/23) 3744-2

Q-15. What is the soul of a body? A-15. That which the Maker gave to every entity or individual in the beginning, and which is seeking the home or place of the Maker.
Q-16. Does the soul ever die? A-16. May be banished from the Maker, not death.

(For parallel study see IRF: ANIMALS, PREHISTORIC; CREATION; ENVIRONMENT & HEREDITY)

3744-1; 10/8/23: 3744-1:

A-3. Mind is the active force in an animate object; that is the spark, or image of the Maker. Mind is the factor that is in direct opposition of will. Mind is that control of, being the spark of the Maker, the will, the individual when we reach the plane of man. Mind is the factor governing the contention, or the interlying space, if you please, between the physical to the soul, and the soul to the spirit forces within the individual or animate forces. We have the manifestation of this within the lowest order of animal creation. These are developed as the mind is developed, both by the action of all of the senses of the body, as we have them developed in man. MIND is that which reasons the impressions from the senses, as they manifest before the individual.

900-24; 1/18/25: 900-24:

A-1. As there began the lowest form of the animal and mineral and vegetable forces in the earth, there also began all relative conditions regarding those conditions from other spheres and their relations to same.

The mind and soul forces given to man in his creation, then, bear their relation to all other forces in the universe.

As man's mind developed in the earth's forces, the seeking to find those relations still remains that relative force exercised in an earth plane. Each bears its relation to the other, just as the planetary system does to the earth and to each and every kingdom which has presented itself in its relation to the earth condition and to the Creator and the created.

900-31; 2/4/25: 900-31:

Q-3. Do animals have the faculty of mind known as subconscious?

A-3. No. The mind of the animal pertains to conditions that would bring the continuation of species and of foods; it pertains--in all of the animal kingdom--to Mind and Spirit.

Man reaches that development wherein the Soul becomes the individual that may become the companion with, and one with, the Creator.

Q-4. An animal has sense, remembrance, and the higher animals obey orders. How?

A-4. In the first it was given that man with his Mind should subdue the earth and every element. All manner of animal in the earth, in the air, under the sea, has been tamed by man. Yet the man himself has not reached that condition wherein he may perfect or control himself, except by making the will one with the Creator just as he (man) makes the will of the animal one with him. The control of the trained animals, then, is a projection from man. The trained mind of those in natural state, in the element as given - Spirit and Mind - is to keep the life in the species.

Q-5. Explain the difference between experience in animal and experience in man, as related to Mind.

A-5. In animal there is that which appertains to the consciousness of the animal mind with spirit. In man there is the consciousness correlated with his development, or the higher elements of mind and matter. Hence man, developed, becomes lord and master over the animal kingdom. Man degraded becomes the companion with, and equal with the beast; he becomes the beastly man. An illustration: Experience to man gives the understanding through the subconscious obtaining the remembrance. In animal there is only the animal force. For instance: Fire to man is

900-31, cont. 900-31:
ever dread. To an animal the difference is only known by a sense of smell; the experience does not lead it away.

276-3; 11/20/31: 276-3:
Q-10. Just where does body's duty lie towards animals in this incarnation?
A-10. The ability to control and to show that close affection that may exist between the human mind, as controlling through the manners in which the entity is efficient, and to bring to the attention of others how animals--in their various spheres--are dependent upon their owners, or those who contact same, as to what their activities may be to the benefit of man; for, as was given in the beginning, "Be ye fruitful; multiply, and subdue the earth...

276-6; 1/14/34; re. incarnation in ancient Arabia: 276-6:
The entity's activities in the sojourn had to do with the domestication and use of the wild animal life and also those that later became the servants with and of man in his activity; and brought about much that had to do with the raising of the horse from the smaller or pigmie animal to the charging steed; that had to do with the using of the wolf and the wild things for the closer companionship to man...
Q-16. Was the soul-consciousness of [my dog, Peggy], present in this room, in any of my animals then?
A-16. Yes.
Q-17. Which one?
A-17. In the animals in the home or in the house.

268-3; 2/15/33; re. past associations: 268-3:
Q-6. [Where and how have I been formerly associated with] My little dog, Mona?
A-6. In the same experience.
Q-7. In the Roman?
A-7. The Roman.
Q-8. Was she a dog then?
A-8. A lion!

405-1; 9/11/33: 405-1:
Q-18. [In what previous lives have I been associated with] Aunt [268]'s little dog, Mona?
A-18. Rome.
Q-19. Was the little dog at Jamestown [Va.]?
A-19. No.
Q-20. Will Mona always be a dog?
A-20. That depends upon the environ and the surroundings. No.

406-1; 9/11/33: 406-1:
Q-12. Could a Life Reading be obtained through these sources for Aunt [268]'s little dog, Mona?
A-12. May be. As to what it may be is different! It may not be understood, unless you learn dog language!

853-7, A-12; 11/10/35; re. locating cached goods: 853-7, A-12:
There have been the indications with an animal that was a portion of the entity's experience during that period in the attempt of the animal to uncover those things as pertained to same...

552-2; f. 15, deaf-mute: 552-2:
Q-1. How may we gain entrance or understanding to this body when she cannot talk with us?
A-1. So often it is the lack of comprehension or understanding of individuals! Because the dog doesn't talk, people think he doesn't understand. Because those things in a different vibration are not normal to much that is reacting, it is felt there is not a response...

m. 34; EC's rdg. 4/19/27; a Life Reading - 2687-1

Q-1. In regard to the seriousness of the spot in the individual's eye at the present time -
A-1. (EC, in undertone:) (The body - physical - material - here - yes.) Not serious. Only needs those applications of the antiseptics occasionally, that the excretions as are thrown off through eliminations give no internal infection, or irritation produced from same, see? Mild solution Boracic Acid, following the application of evenings, occasionally, of scraped Irish potato placed over same. Only the old - not that grown in the same year, see? Then bathe same off, when this is removed, with Boracic Acid solution. Inflammation in such manner will be removed from the optic surrounding, and the excretions will be harmless towards producing any re-infection, or producing astringent conditions within the tissue itself proper.

f. 34; tumor tendencies, backache; EC's rdg. 7/11/39 1747-2

Q-3. What is it that comes in front of my eyes?
A-3. The weakness, nerve fatigue.

m. 17; chest pains, underweight; EC's rdg. 6/1/43 318-9

Q-3. What causes my eyesight to go blank when I read or look down for a long time?
A-3. Lack of vital energy in the body. Lack of the proper assimilation of the foods for replenishing the vital energies to the body, as indicated by the lack of certain vitamins in the body. . . For this body, take twice each day the combination of vitamins found in Yellow Label Yeast. Stir this in milk and take of morning. In the evening take it stirred in tomato juice. Dissolve it first, of course, or break it up with a fork and then fill the glass - but not too big a glass; that is, not a full tumbler . . . Eat plenty of fish and chicken, and when you eat it chew the bony pieces of the chicken - especially the neck and feet.

f. 18; eyestrain, headaches, astigmatism; EC's rdg. 12/11/23 - 288-2

The pressure in the circulation produces to the retinae proper, especially in the left side, astigmatism - in that the lacteal forces do not bring parallel effect in reverse vision, or that the reflection brings the burning sensation in its action for the lack of blood flow to the eye, or again with the repression there is too much - then the headaches. . .The lids burn. . .To relieve the condition we would for this body take specific exercise before retiring in evening - the circular motion for the upper portion of body, from hips up. Place the hands on hips and circle the body, see? First to the right, then to the left - that is, of course, when the body is relaxed. Then the arms over-circle above the head, bend backward, bend forward, three times each motion. Then the head and neck exercise for the throat, larynx and eyes. Then every third day, for several weeks, give the vibrations of the violet ray (hand machine, bulb applicator) to the 10th and 11th dorsal regions, and gently across the sacral region and the brachial plexus region, and gently over the eye and back of head. . .Do not work with the light shining in the eyes.

m. 42; defective vision, spots before eyes; EC rdg. 5/19/44 - 5126-1

As to conditions of eyes, with the manipulations (osteopathically) we will aid or strengthen the nerves and muscles to the eyes. The injury of same in the early periods of the body's experience will not be corrected, but the general nerve strain produced, by the general strain in the body from the effect upon the organs of the sensory system, will be relieved; and we will find better conditions. Ready for questions.
Q-1. What is the cause of the injury to the eyes?
A-1. Too strong a light when very young, in sun light.

f. 43; musician; poor eyesight; EC rdg. 8/24/44 - 5401-1

There are disturbances, physical, as well as confusions, mental...Physically, the strengthening of the organs of the sensory system are the more necessary. There are certain centers along the spine where there is greater coordination between the central nervous system and the sympathetic and those of the organs of sensory forces. So, as we would find, first, we would, through hydrotherapy, thoroughly purify the body forces. Three to six, then, thorough fume baths; then thorough massages, including colonic baths...Thus we will purify the body by removing a great deal of dross that is preventing better conditions. The massages - particular stress should be made in the 3rd cervical; 3rd, 4th, 5th and 6th dorsal; the 9th dorsal and through the lumbar and sacral. These use, in the massage, the oil rubs, combination of Olive Oil, Peanut Oil and Lanolin. These will be most strengthening and invigorating for the body.

Do add to the diet about twice as many oranges, lemons and limes as is a part of the diet in the present. These also supplement with a great deal of carrots, especially as combined with gelatin, if we would aid and strengthen the optic nerves and the tensions between sympathetic and cerebrospinal systems.

Do these. We will bring better conditions for this body. A great deal will depend upon the mental attitude of the body. Music is that realm between sublime and the ridiculous. Do practice the sublime. Not merely in thought but in what you think of and say about others, and how you treat them personally. Ready for questions.
Q-1. Will the exercises I know now develop normal eyesight if practiced daily?
A-1. Depending upon whether the system is purified, the attitude is correct, and the diet bettered. It should help.

f. 24; eczema; EC's rdg. 2/20/43 - 2803-3

Q-5. What causes eyes to swell, itch, become scaly, causing objects to blur - especially the right eye?
A-5. This is related to kidneys, and thus the nerve forces as indicated in the eye. And especially the fruits and raw vegetables will correct these conditions, as will also the correction osteopathically in the 8th and 9th dorsal. Two or three treatments should be sufficient.

f. 30; muscles strained in head-neck from fall; 10/27/41 - 1688-8

We would have some adjustments, osteopathically, and a great deal of massage with the oils - especially in neck, back and through the lower portion of the head itself...These disturbances are causing the conditions that are reflected in pains in neck and head, upsetting the stomach at times, producing blurring in the eyes, and at times almost nervous chills that come over the body. We would have these osteopathic corrections done at once.

574-1, F, 50: 574-1

Q-3. What can I do to cure callous or bunion on my left foot?
A-3. As we would find, an application morning and evening...not bound on, but massaged thoroughly; and this means not just dabbing on and leaving same, but take three to five minutes of massaging. First, for five to ten days, use common baking soda wet or saturated with Spirits of Camphor. Then, after this has been used until the soreness is removed, use equal parts of Olive Oil and Tincture of Myrrh, and it'll be like baby's foot! Massage each of these into the portion where there is the disturbance, you see.

There will be a great relief to this with the manipulations also, for there is either pressure in the nerve forces or from the activities in the body itself. Removing the pressure in the lumbar areas, with the manipulation, will relieve this also. Make the corrections osteopathically in the lumbar and dorsal area as indicated, and this will break up those lesions in the upper pelvic area; with the general manipulation.

Then equalize the circulation with the low electrical vibrations from the Radio-Active Appliance, which should be attached to the extremities you see; on the right wrist and on the left ankle one day, and then change to the opposites the next day, making the attachments each time to the ankle first. That is, when on the left wrist it is to the right ankle. When on the right wrist it is to the left ankle.

Q-4. How long should this stay on at a period?
A-4. As given, for thirty minutes.

Q-5. What is the effect of absorbent cotton worn between toes for bunions?
A-5. More imagination than anything else, though it does make for the different position of the foot itself and relieves the pressure by the activities or walking on same, see?

1771-3, F, callouses on bottom of feet: 1771-3

Where there are irritations in portions of the feet, or in the ball of the foot, we would massage same with an equal combination of Olive Oil and Tincture of Myrrh each evening when ready to retire. Heat the oil to add the myrrh. Massage this thoroughly into the soles of the feet and ESPECIALLY in that area where there is the callous condition. Of morning before putting on the hose, do the same thing; rest only a few minutes after rubbing same into the body and then put on the hose, see?

Q-3. What will correct the metatarsal arch?
A-3. The corrections in the way as has been indicated.

Q-4. Would you recommend special foot exercise?
A-4. It would be well if there would be this exercise night and morning; night before retiring--but after the massage as indicated, see; and of morning just before putting on the hose--after the massage has been given.

Stand erect (without anything on the feet, of course). Then raise the arms, gently, slowly, over the head, - directly over the head. Then gradually rise on the toes. Then, as the body relaxes or lowers itself, lower the hands also, - the hands extending in front of the body. Then rock back upon the heels, with the hands extended sufficiently to strain or to exercise the bursa of the heel, or those portions of the heel AND the arch, you see, to aid in strengthening. Doing this, together WITH the massage of the properties indicated through heel and arch, and especially over the frontal portions of the foot, we will bring better conditions for same.

2334-1, F. 60, callous bump on heel where shoe rubs: 2334-1

In reference to the feet and the callous places, - we would massage these places night and morning with a mixture of a tablespoonful of Castor Oil and a quarter teaspoonful of baking soda. Mix these ingredients thoroughly together and massage. Of course, this whole quantity would not be used all at once, unless necessary. After the massaging is completed, if necessary sponge off any excess in those areas. This will bring better forces for this body.

272-252, M. 47: 257-252

Q-22. What will eliminate dry condition of skin on bottom of feet?
A-22. Use Dog-On-Foot. This is beneficial to such conditions. Those we may give as a preparation, but this is prepared well. This ye may obtain. Massage on feet and it will remove tiredness, the tendency for scaling, remove corns, and it will also remove bunions - if applied regularly.

1140-1, F. 48: 1140-1

Q-5. Shall I have enlarged joint or bunion operated upon?
A-5. With these drainages, these conditions should be materially aided. And massage same rather, morning and evening, with equal portions of Olive Oil and Tincture of Myrrh...heating the oil to add the myrrh. With the drainages, with the manipulative forces, with the organs balanced, these should disappear without operative forces.
Do that.

Q-6. What can I do to help my feet?
A-6. These pressures in the lumbar area should be removed, so as to relieve the feet.
To be sure, when the manipulative forces are given, these should extend to the bursae especially of the feet; those under the knee, those along the portions of the ankle to the portions of the feet. But massage the feet and the joints especially with the equal portions of the Olive Oil and Tincture of Myrrh; this will relieve same.

1309-7, F. 57: 1309-7

Q-10. Please give cause and treatment for corns?
A-10. Misfitting of shoe is usually the cause of corns. The best treatment is to use Camphor and Soda. Wet plain baking soda with Spirits of Camphor and apply nightly until the corn is removed. Then fit the shoes nominally.

5104-1, M. 37, ingrown toenail: 5104-1

Do these things, and for the condition of toes and nails, use baking soda moistened with Castor Oil. Put this under the points or edges where ingrown toenails give disturbance. This may make it sore for one time, but rub off with Spirits of Camphor. These may make for roughening but it will rid the body of those disturbances of ingrown toenails. Do that.

276-7, F. 16 : 276-7

Q-3. What is the correct treatment for frost-bite?
A-3. The better, as we find, is petrol - or coal oil, massaged - and taken in very small quantities.
Q-4. Taken internally?
A-4. Taken internally and rubbed on too!

f. 21 yrs. EC reading 2/6/33 - 263-1

Q-14. What will remove superfluous hair that may be growing in moles and on face?
A-14. The electrical forces applied through these conditions [violet ray each evening along spine, 3 to 10 minutes] will remove all those tendencies for the functionings of the glands of the thyroids to an excess, and then - when we have balanced the system better - these may be given with more surety of their being effective with the existent conditions at that time. Let's balance the system so that the organs are properly set, that tend to make tendencies in that direction. Superfluous hair or moles are the activities of the glands, especially of the thyroids, being over effective or over-active in the system. To correct the system so that a balance is kept will make for a better tendency of equilibrium.

f. 23 yrs. EC reading 9/30/31 - hair on face - 460-4

Take such as that as is prepared by the Lehn and Fink Company, see, in the depilatory cream, or night cream. To this - that is, to a small jar - two ounce jar - we would add - pour this out in a larger container, and add to this - see - twenty-five drops of Oil of Sassafras, with one-half dram of Sulphur. Mix this thoroughly into this cream, see - then apply a small portion over these blotches at night. Of mornings, with the cleansing cream - as of Pond's...we would cleanse the skin.

m. 19 yrs. EC reading 1/12/39 - 1710-2

Q-9. What can be done to reduce heavy beard?
A-9. Rather be proud of it than to reduce it, because this is a natural activity of the glandular system, and in those great conditions these are very well! Just meet them as they arise!
[Although 1710's hair was heavy on face, his head was becoming bald].

f. 11 yrs. EC reading 10/12/40 - 2153-5

Q-12. What causes, and what should be done to correct, excess growth of hair on legs and arms? Is this from a glandular condition?
A-12. A glandular condition, as combined with a disturbance in the general circulation. Do not disturb, or use any special application other than the reaction in the glandular forces to the thyroids to make better activity there; and this done more in manipulation [osteopathically] than by drugs.

f. 28 yrs. EC reading 2/7/42 - 2680-1

Q-3. What causes superfluous growth of hair on face, and what should be done to prevent it?
A-3. This is from the glandular disturbance to an excessive activity in thyroid. Thus the needs of this purifying, this cleansing, through the activity of the Atomidine taken in the manner outlined, and also the care for the circulation in the skin itself. This will disappear when the circulation is set normally.

f. 43 yrs. EC reading 9/2/29 - 2713-3

Q-3. What will prevent the growth of superfluous hair on the face?
A-3. Any of those depilatories that act with the secretions of the skin that do not carry any acid that is harmful to the body.

f. 25 yrs. EC reading 11/2/43 - 3341-1

Q-2. I am especially anxious to find some treatment for the removal of superfluous hair which is on my body, especially the face. I have tried electrolisis but the growth is too profuse to be removed successfully in this manner. Can you advise treatment for this condition?
A-2. Better be glad you've got it, than to have other things that would cause a great deal more trouble by trying to remove same! But if ye pray right, live right, ask for it to be removed, ye may wash it off with lye soap.

f. 25 yrs. EC reading 11/12/28 - 4987-1

Q-3. Is there a remedy for removing the hair on the face?
A-3. In cosmetics, yes - with the proper application of those things which will bring about the physical betterment, as is seen from entering such a place as has been given [finishing school] - with the proper application of those eliminations as necessary to the body, and then the application of those depilatories that may be used for such conditions. These are the natural results of proper care, first, of the physical body.

Do as we have given, and we will find there will be brought a fullness of purpose, a new experience, a purposefulness of vision, which has not yet been attained by the body.

Do not condemn self for that seeming condition nature has meted. Rather prepare self, and determine that self will use that in hand to expand into a more usefulness to others, in the better preparation of the innate abilities to not only please, but even charm those who are of the opposite sex, to the proper relation and understanding of one to another.

(See also page 60 of IRF under COMPLEXION for relevant extracts from Cases 920, 1947 and 2582.)

(m. 35, annual attack each August-September)

EC's reading 7/14/44

Now, as we find, there are conditions which tend to disturb the body at specific periods. Hence, as is indicated, there are certain seasons or periods when the vibrations of the body, or the relationships which are established in the nerve centers, are such as to cause the body to become allergic to conditions which exist in or under certain environs, or certain pressure experienced by climatic reactions in the body.

These reactions come from what may be called or set up as vibrations in certain centers between sympathetic and cerebrospinal system, and thus the body in such periods is subject to conditions which manifest in irritation to mucous membranes of the nasal passage and throat, bronchi and larnyx or, as sometimes called, rose fever or such natures. These, for this body, are particularly from the ragweed.

Thus, we would find in this particular season, before there is the blossoming of same, the body should take quantities of this weed. Brew same, prepare, take internally and thus war or ward against the activity of this upon the body itself.

Then, through the period, also take that as an antiseptic reaction upon the nerves of the nasal passages, or the olfactory nerves of the body.

These will prevent, then, the recurrent conditions which have been and are a part of the experience of the body. This will enable the body to become immune because of the very action of this weed upon the digestive system, and the manner it will act with the assimilating body, too. Well, just don't get too heavy, for it will make for an increase in the amount of assimilation and distribution of food values for the body.

Thus we would prepare the compound in this manner: Take a pint cup, gather the tender leaves of the weed, don't cram in but just fill level. Put this in an enamel or a glass container and then the same amount (after cleansing of course, don't put dirt and all in but put in same amount by measure) of distilled water, see? Reduce this to half the quantity by very slow boiling, not hard but slow boiling, strain and add sufficient grain alcohol as a preservative.

Begin and take it through the fifteen days of July and the whole of August, daily, half a teaspoonful each day.

Thus, we will find better eliminations, we will find better assimilation, we will find better distribution of the activities of foods in the body.

Then, use through the latter portion of August and September, this as a combination: Prepare in the manner indicated, putting together the ingredients only in the order named. First we would prepare a bottle with a large-mouth, two vents through the cork and these vents capable of being corked themselves with a small cork. Neither of the vents is to enter the solution, so use a six ounce container. In this container put four ounces of grain alcohol (at least 90% proof), then add in the order named:

Oil of Eucalyptus----------20 minims,
Rectified Oil of Turp---------- 5 minims,
Compound Tincture of Benzoin---15 minims,
Oil of Pine Needles----------10 minims,
Tolu in Solution----------10 minims,

When this is to be used, shake the solution together, remove the corks from the vent, inhale deep through the nostril so as to enter the nasal passages, also to the upper and back portions of throat, both passages. Shake between each deep inhalation.

Do these and we'll have better conditions for the body. Do for the body-forces use wheat germ in the morning meal with the cereal, which may be taken a teaspoonful over a good bowl of cereal, then add the cream and a little sugar if desired.

Do these and we'll have bettered conditions for this body. [5347]

Ready for questions.

Q-1. To the amount of the ragweed we would use how much alcohol?
A-1. That should be done by the prescriptionist or the chemist, just to preserve same.

Q-2. How can I gain correct weight?
A-2. Read what has just been given. The addition of this to the body, with the effect it will have upon the activity of the liver and the actions through the body-forces, will aid in better assimilation, in the amount taken, see?

Q-3. How can I keep from being mentally tired, and be more alert in mind and body?
A-3. As we find, when better physical conditions are established; that is, coordination between sympathetic nervous system, cerebrospinal nervous system and the sensory organ centers, through the emunctory patches along the body-forces, by ridding the body of this tendency of allergy towards certain elements left out of the body-forces in the vibratory natures, we will find the body more physically and mentally alert.

Q-4. Is there anything wrong with me physically that would prevent procreation?
A-4. There is nothing wrong and, as has been indicated, the addition of the wheat germ is that which is lacking in a vitamin necessary for stirring of energies through these areas of body-forces. Do as given, we will have bettered conditions for this body.

We are through with this reading.

#1727-2 (P-1; 5/29/43)
Q-3. Singing in left ear?
A-3. With the massages all of these effects should disappear. [hydrotheraphy; Atomidine; Glyco-Thymoline in drinking water; change mental attitude].

This is the poor circulation through the coordinated centers of the sensory system. Most of this is incoordination between sympathetic and cerebrospinal, - or the mental attitudes.

#1467-1 (P-1; 10/29/37; m. 32) - Injury when 11 yrs. old - pelvic bone broken. Doctor said he corrected it but it is evidently still causing trouble.

... Here we find there are indications of deflection in portions of the system of the proper supply and removal of used energies or forces from those portions of the system.

Hence the refuse forces or drosses are building or backing up in the system, as it were, so as to produce gradually more and more disturbance unless the eliminating of the causes is brought into activity.

These conditions are indicated in the superficial circulation in face, head, and especially at times in the scalp.

However, we find in other portions a deflection; as through the vagus center, that causes disturbance to the organs in the sensory system, and at times producing to the auditory forces - or the ears - not that which hinders the hearing but that which produces rather a humming or drumming or buzzing, varying according to the amount of pressure that is produced in this deflection of the circulation through those portions of the system. Hence the hearing may become affected unless the condition is corrected.

These as we find arise from conditions that were received from a shock to the cerebrospinal nervous system; an outside influence, accident or injury. ...

Of course there would be an alignment throughout the spinal system; but in the upper dorsal area, the 1st and 2nd dorsal, and naturally throughout the cervical area, we find engorgements in ganglia that affect the circulation.

These reactions do we find. The pressures from the upper dorsal and the cervical affect the circulation to the head, the throat and ESPECIALLY through the whole of the vagus area or from the 3rd dorsal to the 2nd or 3rd cervical. These make for a superficial reaction that clogs the system. ...

In the nervous system, then, we have a numbness, a deadness at times; an easily tiring to the body. ...

Treatment: Osteopathy. Toris Compound "for this particular body."

#5404-1 (P-1; 8/26/44; m. 65; Kidney Stones)
Q-1. May anything be done for hearing?
A-1. This should have been done long since. The head and neck exercise will contribute more to the assisting of this in the present than mechanical applications to the ear. This is the character of exercise:

Do these of a morning standing, of an evening sitting. Sitting erect bend the head forward three times at least, then back as far as it may be bent three times; to the right side three times; then to the left side three times. Then circle the head and neck to the right three times, then to the left three times. Be consistent with this though, not just doing it occasionally.

This will make for helpful forces in the auditory activities with the inhalant as it purifies the circulation through soft tissue [of the face].

#3074-2 (P-1; 10/18/43; f. 24)
Q-3. Why is the ear condition worse during the [monthly] periods?
A-3. This is because those corrections are needed in the lumbar and sacral axis that would relax the body, and not make the pressures on the sensory system - or the sympathetic system in the brush end of the cerebrospinal system.
Q-4. Is the ear condition hereditary?
A-4. Not necessarily. This, as we have given, is much from the catarrhal condition.
Q-6. I have been told that a major operation on the ears might be helpful for a few years? Is this so?
A-6. DO NOT operate on the ears, if there will be given the correct manipulations - and especially through the areas behind the ear and in the throat. The following of the lymph circulation through that area is especially necessary. And this wouldn't mean stimulating, but relaxing.
#3074-3 (P-3; 4/22/44)
Q-1. Why do I still have the head noises and deafness?
A-1. This is lack of coordination in the areas of the secondary supply of nerve forces and energies between sympathetic and cerebrospinal systems, from the upper dorsal centers. These cause, with this incoordination, a short circuit between sympathetic nerves and the central nerve system.
Q-5. By what medical name is the ear condition known?
A-5. You name it what you want to! It is the incoordination between the nervous systems. It is not a disease, it is rather a pressure produced to the sympathetic nerve centers. It is not catarrhal but it is the pressure on the centers, as a short circuiting. ...

#5664-1 (P-1; 11/21/29; f. (?) married, 1 child; Psychosomatic;)
Q-1. What causes dull sounds in ears?
A-1. That pressure as created from the region of the 3rd dorsal plexus, and the tendency of the body to resist outside influences. A complex condition.
Q-2. Will hearing be restored to body?
A-2. If the body really desires. Much the body doesn't desire to hear, that is said to it.
Q-6. Has the body's child been affected by this condition?
A-6. ONLY as the effect of environmental as related to the mental status of one body to another. Psychopathically it is. Physically, or as anatomically, very little.
#5664-2 (P-2; 2/10/30)
Q-1. What was reason for the exceptionally loud noise felt in left ear?
A-1. Only a partial conforming to those things as were given for it, and the return of vibrations in the system, as affected by that as partially given.
#5664-6 (P-6; 5/24/30)
Q-4. Why does body hear sharp sounds and still not be able to hear when called?
A-r. The very nature of the conditions. As will be indicated, were the body in an aeroplane, high up, it would hear perfectly! When the body on an electric train, it would hear perfectly! When a body sitting still, or thinking, it hears the least.

#5346-1 (L-1; 7/15/44; m. 53)
Q-4. What can I do about a disturbing noise that is in my ear (or is this purely physical, requiring physical treatment?)
A-4. Purely physical and not karmic. Remove the stress by head and neck exercise. Have (not by mechanical means) but corrections osteopathically made in the 3rd cervical to the 1st cervical and 4th dorsal.

HEALING, ECONOMIC

683-1, f. 43, chiropractor, 10/8/34:

Q-1. What shall I do to be financially successful?

A-1. First find in self that in which the applications of the abilities thou hast in body and in mind are founded, and seek thou those realms wherein these may be put into practical application, and in the associations of those relations whereunto thou may bring to others not only tenets but living truths within self; and these will bring the returns as their natural consequence. For, as He has given, man may labor in this or that field; God alone can give, does give, the increase. Let thy life and thy activities with thy fellow man be in accord with that thou hast determined, and leave the increase of the financial or material gains in his hands.

Q-2. Am I breaking any special law that causes conditions to be as they are?

A-2. As indicated, study that thou hast been given; for ye shall find. He that seeks shall find. Study to show thyself approved unto thy Maker, correctly divining, dividing, the words of truth.

683-2 4/19/35, re. wonderful opportunity of healing profession 683-2

....to minister at such times (and oh, what an opportunity!) to the mental needs of those that are soul sick as well as in body and mind...T That is a talent; yea, has He not given into the keeping of all, in every walk of life who may minister to the needs of bodily ills, the opportunity to tell others, to tell those physically ill of the love of the Father, of the abilities in Him, of Him who stands between those influences og good and evil, the crossroads of choice, that every one and every soul each day must cross? And ye may point the way - ye that have been endowed, either physically, mentally or spiritually - for such a service. What a responsibility! And so many in thine own field, in thine own understanding, have shirked their duty, have failed Him and put Him to shame who hath said, 'In me is life, in me is health, in me is strength.' And ye in thy blindness have pointed the other way. Then, minister as is shown thee by Him.

Q-3. Will the healing work bring better financial results than in the past few years?

A-3. If ye will but take Him as thy partner, if ye will but take Him as thy right hand brother. For the silver and the gold is His, and He alone may move the hearts of those that are sick in body and mind, who are beset with the fear of those things that are of the earth, to open their storehouses or their pocketbooks to thine needs. Use that thou hast in hand. If it be true it will be as of His servant who cast his rod or stick or cane, which became as the serpent to those that were of enchantment or of their own knowledge that might show their strength; yea, but that one which was guided of the Lord swallowed them all up. So, in thy ministry to thy fellow man, if ye will but take Him with thee in thine heart, in thine seeking to give that as will bring the awakening, it will swallow up those that have spoken unkindly. And thy gentleness of mien, thine understanding of the ills will be as an incense before Him, so that the bounty of thy hand will be poured out as though the windows of heaven were opened for such... For ALL healing is the awakening of that eternal hope that springs anew within the human breast that it may have another opportunity, that it may give and be itself a channel... For each entity, each soul, passes thru that realm of experience in the material world that was shown by Him."

705-2, 1/27/35, A.R.E. Group #9: 705-2

Q-12. [By Dr. 683]: To bring a desired thing or condition into manifestation, is it advisabe to visualize it by making a picture or just to hold the idea in prayer and let God produce it in His own way without our making a pattern?
A-12. The pattern is given thee in the mount. The mount is within thine inner self. To visualize by picturing is to become idol worshipers. Is this pleasing, with thy conception of thy God that has given, "Have no other gods before me"? The god in self, the God of the universe, then, meets thee in thine inner self. Be patient, and leave it with Him. He knoweth that thou hast need of before ye ask. Visualizing is telling Him how it must look when you have received it. Is that thy conception of an All-Wise, All-Merciful Creator? Then, let rather thy service ever be, "Not my will, O God, but Thine be done in me, through me." For all is His. Then, think like it - and, most of all, act like it is.

2144-1, f. 41, 3/11/40: 2144-1

The abilities to use the unseen forces and powers for accomplishing material things must emanate from the spiritual for a spiritual purpose. Spiritual forces should not be used or abused for material gains.

1436-3, f. 27, 9/9/37: 1436-3
Q-13. Will it be helpful and can it be made a source of income if I learn to operate the radionics and aetheronics instruments?
A-13. These would be helpful, and naturally may be made to become a source of income. But learn these not from the standpoint of source of income only; for oft one defeats self by gaining that which is to supply one portion of the body and lets the rest of it go hungry. Such individuals become then failures, and cannot help but become so - unless there is the response or quickening or vibration in relation to self in the use of same for a helpful thing in the experience. If it has not proven so in thine OWN experience, leave it alone!

1249-1, m. 28, 8/12/36: 1249-1
Q-9. What is the future outlook for the success of this body and how can he further develop it to make his aims come true?
A-9. Depends upon the application. It is within, for it is given to each soul - as it manifests in a material body - the wherewithal to meet that <u>needed</u>. Don't do somebody else's job, or attempt to do God's job! Do thine own! That is success!

900-2, m. 9/2/24, re. charity: 900-2

Choose that which will bring the better development of self, and in lending to the Lord is the service that man renders to his Maker. For the silver and the gold are mine saith the Lord of hosts, and service to him who can serve his fellow man is the highest service to the Creator.

451-1, f. 21, 7/30/30: 451-1
Q-7. How much should she give of her earning capacity to charity?
A-7. Ten percent, as all should.

PHYSICAL RELATIONSHIPS

#826-2 (L-1; m. 34)
Q. Is sexual intercourse outside of marriage injurious morally and spiritually?
A. This must ever be answered from one's own inner self.

Those attributes of procreation, of the pro-activity in individuals, are from the God-Force itself. The promptings of the inner man must ever be the guide; not from any source may there be given other than, "Study to show thyself approved unto God that thou would worship."

As ye would have men do to you, do ye even so to them.

In the light of thine own understanding, keep thy body pure, as thou would have others keep their bodies pure. For thy body is the temple of the living God. Do not desecrate same in thine own consciousness.

* * *

#826-6 (L-4; 7/10/35; m. 35)
Q. Is continence in marriage advisable except when mating to produce offspring?
A. This should be, and is, as we have indicated in the matter of education, the outcome of the universal sources of supply of the individuals. For some yes; in other cases it would be very bad on the part of each, while in others it would be bad on one or the other, see?

There should be, then, rather the educating as to the purposes, and how - HOW that the force, the vitality that goes for the gratifying of emotions may be centralized in creating - in the lives of others about the body in all its various phases - spiritual blessings.

Q. Should men or women who do not have the opportunity to marry have sex relationship outside of marriage?
A. This again is a matter of principle within the individual. The sex organs, the sex demands of every individual, must be gratified in some manner as a portion of the biological urge within the individual. These begin in the present with curiosity. For it is as natural for there to be sexual relations between man and woman, when drawn together in their regular relations or activites, as it is for the flowers to bloom in the spring, or for the snows to come in the winter, when the atmospheric conditions are conducive or inducive to such conditions.

When a man or a woman has chosen (for it must be choice, and is only by choice that one remains out of relationships with the opposite sex in marriage) - if it has chosen to not be in such relationships, then be true to the choice; or else it is to self a sin! For that which one would pretend to be and isn't is indeed sin!

Q. Would it be better for a woman who desires to marry, to be one of two or more wives of a man in a home rather than to remain unmarried?
A. This is again a matter of principle; or the urge within such conditions must be conformative to that set as the ideal.

In the education of individuals as regarding sex relationships, as in every other educational activity, there must be a standard or a rule to go by or an ideal state that has its inception not in the emotions of a physical body but from the spiritual ideal which has been set, which was set and given to man in his relation to the Creative Forces.

Then to ask or to seek or to advise or to give suggestions even, that it may be done outside of that, isn't being true to that as is presented.

#826-6 (L-4; 7/10/35)
Q-1. Is monogamy the best form of home relationship?
A-1. Let the teachings be rather toward the spiritual intent. Whether it's monogamy, polygamy, or what not, let it be the answering of the spiritual within the individual!

But monogany is the best, of course, as indicated from the Scripture itself - one - ONE! For the union of one should ever be ONE.

#4082-1 (MS-1; 4/12/44; f. 52)

...As should be with every individual; there should be agreement between those individuals in such [sex] relationships and only when there is such should there be the relationships. For the lack of such agreement brings more discordant notes between individuals than any portion of relationships with the opposite sex. The disagreements may be very slight at times, but they grow. For these relationships are the channels for the activity of creative forces and not by mere chance.

The abilities then are for the entity to build that within self to make this experience in the earth harmonious, bringing peace, happiness and joy, cultivating those things deep within self that are the fruits of the spirit.

Man may not live by bread alone. Man may not live the gratifying of appetites in the material world. For man is not made for this world alone.

There is a longing for those experiences which the soul, as an entity, has experienced. And without spirituality the earth is indeed a hell, an individual soul do what it will or may. Such longing may not be gratified from without or in the consciousness of, and the experiences that pertain to, the forces and consciousness of without self.

For the body is indeed the temple of the living God. Act like it! Keep it clean. Don't desecrate it ever, but keep it such that it may be the place where you would meet thine own better self, thine own God-self. As ye do this, there may be brought harmony, peace, joy.

#5049 (L-1)

While the activity in the Armed Services would be galling at times, and offer opportunities for many forms of indulgence, we find that if ye will take it seriously, ye will have the opportunity in thy experience that will bring to thee by the 3rd day of January, 1945, the happiest day of thy experience in this life. Don't lose that opportunity, for it will be as a cycle of time, as incommemoration, as it were, of the blessings of the hand of the Master upon thee, if ye choose that day to give thy body, thy promises to a companion who may become a part of thy life on that day. Keep that body then, as it were, for that day. ...And when the opportunity is presented as for January 3rd, 1945, set that as thy wedding date.

#480 (L-3)

The home is an emblem of the heavenly home. And as these are made into harmonious experiences that may come in the associations, they may bring indeed the music of the spheres in the activities with one another, and with those that must be contacted in the highest of man's achievement in the earth - the home.

#2072

For what is marriage? A man and a woman laboring toward an ideal set by God Himself - two souls manifesting as one in hope, in fear, in desire in aspiration.

(m. 38, joint reading for husband and wife)

Mrs. C: You will have before you the enquiring minds, present here, [2390 and 2533]. Considering their desire to build together and better fulfill their purpose for entering at this time, you will give such information as will be helpful in attaining to their ideal. You will answer the questions that may be asked:

Mr. C: Yes, we have the entities here, [2390], [2533]; and that which has been indicated in the experience of each entity.

In giving that as may be helpful or beneficial, there are many conditions that should be taken into consideration; especially that premise from which such information may be attained.

All entities, - as these two entities, - meet for a purpose. As to whether their ideals are the same, in the meeting, does not depend upon the attraction they may have one for the other; rather upon what they have done about their ideal in their associations one with the other in varied experiences, or in some definite period of activity. Whether these have been for weal or woe does not prevent the attraction.

Thus, whether that attraction is to be for the advancement or the undoing of something in themselves depends, again, upon what is the ideal of each.

As we would give, then, - the premise is that ideal to which each should in the present opportunity LOOK, HOPE, BE!

There is one ideal, - that which manifests in the earth in the Christ-Jesus. THAT should be every entity's ideal, - physically, mentally, materially.

What was His application of His spiritual ideal, thy spiritual ideal?

He thought it not robbery to make himself equal with God. So He made himself of no estate, that He might thereby save the more.

How may this apply in the present experience of these individuals?

Are they to make themselves of no estate? Rather, is it not as He has given, in the application of that as the ideal?

Know thyself, then, to be as a corpuscle, as a facet, as a characteristic, as a love, in the body of God.

THAT is the ideal spiritual, the ideal as applied in the mental. Not as to be all-wise. For, wisdom was that breach between spirit and flesh. And that used to gratify an appetite of the body sets or puts the body above the spirit.

Thus, as He made himself of no estate, thy wisdom, thy knowledge is ALL in Him. Is it to be used to give the better facet, the better characteristic, the better love of the Father-God in thy relationships with thy fellow man?

There have been experiences in the earth that prompt the individual entities to seek to know their relationship, - one couple out of a hundred and thirty-seven million that seek to know how they may use their knowledge, their understanding, to the glory of the Father as manifested in the Christ!

This of itself sets them apart. But, does it create in the mind of either the thought of there being a special dispensation, or a special gift? NO! It is the thought of that as may be gained in the mind, in the body of each, by the fact of the desire.

The desire does not indicate that it is fulfilled in either. But it does indicate that they have set their face to the light.

What is light? Even Jesus the Christ!

What is the knowledge? All knowledge, all power, has been given into His keeping. For He IS the light, He IS the way, He IS the truth, He IS the power!

They that seek to use same will find, as He has given, "If ye love me, ye keep my commandments. And my commandments are not grievous, rather that ye love one another, even as I have loved thee."

Thus there may be light; not by preaching in thy experience, not by the lording over others, but rather by BEING that which has been indicated in the experiences of each.

Thus may ye make for a feeling, an awareness, of the presence of power, the presence of beauty, the presence of patience, the presence of kindness; and, as the complement to same, brotherly love, understanding, the awareness of strength, the awareness of continuity of thought, of life, of hope, of those things that are but expressions of that power which is manifested in the life of Jesus, the Christ.

What brings this, then, to the material experience?

It is as the leaven, as He gave. Not that there is to be sounded a cymbal or a drum, or a laudation of any character, but rather in meekness, in gentleness, LIVE that influence: not only in thy relationships one with another but let that leaven as of the Father-God manifested in the Christ work in the heart, the mind, of those ye meet day by day!

Thus ye will find peace as He has given, that peace not as the world knoweth peace, but that peace which comes from the awareness of the presence and of the promises of the Christ, that He has chosen thee as a messenger, as a light, as a haven for many in the hour of stress, in the hours of disturbing forces; that ye may give that strength, that blessing to others in His name.

For, remember, as has been given, "Jesus we know. Paul we know. Who are ye, speaking in the name of?"

Then beware that ye stumble not, nor grow faint in well doing. For in the knowledge that there is a mission, - yea, that a star hath risen for thee, - WORK, DILIGENTLY! in spirit, in mind, in body! And He, as His promise has been, will not leave thee comfortless, but will come and will abide with thee!

Ready for questions.

and regarding
Extracts from Edgar Cayce's own readings for/himself:

294-1, prior to 10/9/10: Edgar Cayce's mind is amenable to suggestion, the same as all other subconscious minds, but in addition thereto it has the power to interpret to the objective mind of others what it acquires from the subconscious mind of other individuals of the same kind. The subconscious mind forgets nothing. The conscious mind receives the impression from without and transfers all thoughts to the subconscious, where it remains even though the conscious be destroyed.

Edgar Cayce's subconscious mind is in direct communication with all other subconscious minds, and is capable of interpreting through his objective mind and imparting impressions received to other objective minds, gathering in this way all knowledge possessed by millions of other subconscious minds.

294-2,12/1/10, aphonia cleared by suggestion: The muscles here, you see, produce partial paralysis to the vocal cord, especially to the left side of the vocal box. The cords are taut from the box here, as the air is expelled from the lungs, driven in and thrown out. We have a nervous effect of the nerves and muscles all over the whole body; we have a tightening or a sensation in the nerve force to contract it. As this muscle is taut the voice sounds as if it is loose or not connected; it leaves one side that produces only a whispering sound. This comes from the trouble in the pelvis...Just the circulation here will remove it; that is the only thing that will do it. Through suggestion to the body forces we find that the circulation may be increased as to put new life into it and to make the supply to the nerve force go, you see.

294-4, 11/27/22, headaches: Suggestion to remove the conditions producing these headaches will relieve the condition in the body. Suggest that "the circulation be so equalized as to remove any strain on any portion of the body."

Q-3. What do you mean by suggestion, and who should do this?

A-3. All force controlling any individual body is reached by suggestion to the physical, soul or spiritual forces. By suggestion we mean: Say a thing is black, it is black; say a thing is wet, it is wet, etc. To this body here, say to it that it will become normal in its waking state; that the circulation will be so equalized as to remove strain from any and every part of the body. Just to say, "You are not going to have any headache when you wake up", doesn't mean anything!

294-6, 5/25/23, A-17: There is a good deal of sadness in the life just now; it is an influence on the outside.

Q-20. Will it come out right in the end?

A-20. All things do, whether material, physical, mental or what, when they are developed. The soul is lowered or raised when each contact is made. Some rise on the ashes of forgotten hopes, some sink. It depends on the individual's use of its capacity to cope with that presented.

294-7, 10/20/23: The bronchials show the effect of over-secretion and produce the higher circulation at times, with the pressure in blood. The heart is very good - and the pressure may be increased or decreased by suggestion, as the body is - as we shall see - very amenable to suggestion from all exterior and interior forces.

294-11, 9/18/24: Speech is the highest vibration that is reached in the animal kingdom; and in that respect man in his evolution is above other creatures in the creation.

294-13, 12/9/24: Q-2. Give word for word the suggestion that should be given this body [Edgar Cayce] while in the subconscious state.

A-2. The circulation will be so equalized as to remove strain from all centers of the nerve system, as to allow the organs of the system to assimilate and secrete properly those conditions necessary for normal condition of this body.

Q-3. Should this suggestion be given to this body at this time?

A-3. It should be given at all times when the body is in a depleted condition.

294-26, 4/17/25: Now we find the body very good in the physical forces of same. However, this suggestion should be given at the present time: "In the equalizing of the blood in body, this will be in such a normal manner as to cause perfect equilibrium throughout the physical structure of the body."

294-27, 4/23/25: The congestion in the nerve centers in the lymphatic circulation, which pertains to muscular forces in same [neuritis], is produced by the bacilli which is carried in the blood of the body by the lack of perfect eliminations in the system. These we find are set in the physical way to become eliminated from those portions of the body. The suggestion to assist this would be as follows:

"The eliminations as created by increased circulation through affected portions of system will be so increased as to eliminate the conditions necessary for normal functioning of system, and will continue to be in the normal manner when eliminated."

294-30, 5/8/25: "The circulation will now so increase as to set in motion those conditions necessary for full perfect eliminations throughout the body."

294-32, 6/17/25: "The circulation will so equalize itself as to produce a normal pressure in physical and mental forces in the body; and in the waking condition, it will be removed and not cause extra pressure in physical forces of the body."

294-33, 7/3/25: "The body will so adjust the circulation as to produce the necessary eliminations in system for the best physical and mental condition of the body. Then it will react in a perfect, normal manner, with the desire to keep the mental in the proper frame of activity for the best for the health of the individuals about and of the individual itself."

294-55, 1/1/26: Q-2. Has the psychic work which has been done by the body been too great a strain on the physical, either in the amount or the kind?

A-2. No. It is only when the body does not allow the system to gain its normal equilibrium after such a strain that injury results. For the psychic forces are those through which the physical, mental and spiritual body may be assisted, helped, or controlled. So when the psychic forces are not abused, but are used properly, they assist. When they are abused by wrong conditions, by wrong suggestions, or by seeking wrong information, they bring stress and strain.

Extracts from Edgar Cayce's readings recommending such therapy:

53-1, 9/11/30, helpless cripple who completely recovered:

In the application...the desires of the physical forces...being in that position of a complex, must be met in a way that will bring the proper reaction---these may be best met as the treatments are given, either in manipulation or of the sinusoidal, by one administering same--not under hypnosis, but by positive suggestion, in a gentle, quiet, easy way and manner. Blustering about the individual will only irritate. To scold, or to be too much of the commanding nature, is to destroy the better portion of that which may be builded in the body. Learn - or teach, or train the body - not only to be good, but to be good for something. Let there be known that there is a duty to self, and hope in service - for without service to the other, one may gain little in this experience in life's forces. For Life itself is a service. Use, not abuse.

136-18, 11/11/25 dream interpretation: The dreams which come to this body relate to physical conditions which come through the conscious mind from the subconscious mind of the entity. These may be developed to a point where the subconscious will give directions through suggestions to the conscious mind, while the body is in a state of sleep.

308-2, f. 10, 8/29/34,

Q-5. Will following this treatment prevent bedwetting?

A-5. This may be accomplished best by the suggestion in this direction as the body is almost asleep, by the one who makes the application of the massage and rubs. Positive suggestion! Not that she won't do, but that she will do this or that, see? that when the desire is for the activity the body will arouse and attend to same!

543-6, f. 22, epileptic:

Q-1. Would auto-suggestion be beneficial?

A-1. As to that as should be held, this has been given - and would be most beneficial, were this sincerely and spiritually suggested. If it is to be just rote, don't do it!

900-254, m. 31, 7/24/26:

If you desire a robust, strong, healthy body, then think health and you will bring health. Should you weaken within yourself and feel that the physical is below normal, and you become oppressed by it, the mere suggestion causes the condition to become active within the body.

As the entity thinketh within, so is the entity; as the spirit moves to bring about the correct physcial and mental attitude towards yourself, so will it be brought...

For those physical defects which give distress at times to the body, bring yourself to do that physical manipulation for feet, hands, limbs, neck, face, with that continual suggestion to yourself of the inflowing power of the divine to make all paths straight. Thus you may see a physical demonstration in your body.

In applying the same spiritually, empty yourself of all thought concerning any and every material condition, and let the oneness of the spirit flow in.

4223-2, f. 12, deaf-mutism:

Give the vibrations [WCA] also as have been suggested for the body, and it would be well that suggestion for self and through self be impressed upon the developing body sufficient that the sympathetic, with the cerebrospinal, may coordinate in the whole of the sensory organism.

960-1, m.13, 8/11/26, deafness, doctors could find no defect:
Now we find that the mental attitudes, and the mental forces of this body, need more attention than do the purely physical conditions. With the correct mental attitude towards self, and the duties that he physically and mentally owes others, the physical conditions would almost correct themselves...for the inner man is sick rather than the physical. Then go about to make these changes, and in these changes there will come the awakening of the divine that is within that must answer to the individual, and bring life, health and strength, as the morning follows the night. [960-3,A-4,11/28/27] The suggestion should be [by both parents, in unison, as he sinks into slumber] that the whole mental and spiritual being, through the effort of self assisted by the combined physical and mental being of those giving life, sustenance, help and strength, bring into being in the mental and spiritual forces those powers necessary for the perfect coordination throughout physical, mental and spiritual being of the body. [A-8] No thought, no being of this entity that may not be remedied by power of suggestion and physical correction. The physical correction can be made in 15 to 18 treatments.

294-162, 11/17/33, EC's aphonia: Congestion exists in the larynx and the upper portion of the bronchi circulation. Increase circulation by suggestion, and then apply light that is penetrating to the mucous membranes... [Suggestion was given; answer] That's very much better.

294-179, 11/1/34: Q.1 How can we keep his [Edgar Cayce's] eyes closed during the reading so they won't hurt him on awaking?
A.1 Make the suggestion when the body is going into the condition, to keep his eyes shut! Don't be foolish and keep them open, so that the natural result is for them to hurt you!
Q-2. Any other advice regarding this body?
A-2. Needs lots of advice; he doesn't heed it so much! But keep the normal activities in the physical forces. Keep the eliminations in a normal way and manner. Think straight and ACT that way!

1839-1, m. 39: Q-1. What should be done to relieve hiccoughs which he has had for 6 days?
A-1. Let this be done by suggestion, through such as Kuhn[M.D., psychiatrist].

2428-1: Q-5. Why does my daughter [5043] have such a fear of water, and what can I do to eliminate this fear?
A-5. It may only be eliminated by the suggestions that may be made as the daughter turns to sleep. MAKE the suggestions as for the usefulness of water in the experience, else we may have indeed a barren body.

4648-1, m. adult, 2/2/11: We have a body here amenable to suggestion. All bodies are amenable to suggestion through the abnormal mind, or through the subconscious mind, or through the sympathetic nerve system of the body.

Suppl. page 1 HYPNOSIS OR SUGGESTIVE THERAPY

Extracts from Edgar Cayce's readings recommending such therapy:

2779-1, m. 11, bedwetting: Thus, if there is the correction in the psychic condition that exists in the mind, or in the disassociation of mind from body as it rests, much may be given through this channel as to the place this entity is to fill in the scheme of things at this period. And it would be well for this correction to be completed before there is the completing of puberty for this physical entity. We find that this may be best accomplished by a subjugation of the conscious mind and the establishing of those suggestive thoughts for the correction of the physical discoordination with the mental and spiritual body; or through hypnosis. But this should be done only by one who thoroughly appreciates those problems that are to be met by the body here, (2779). Such an one might be had, as we find, in Dr. Kuhn, who has that concept of the spiritual, the mental AND the material life of an individual. Two to three to four periods should be sufficient, possibly even less, - if it is agreeable to the body (2779) himself. As to the suggestion: Only awaken the consciousness of the physical to the consciousness of the mental, that there may be the attention of the body to the needs of and the care for the physical body, as to those conditions that prevent a normal activity in sleep.

3165-1, m. 11, bedwetting: From those activities during the period of gestation the attitude of the mother was such as to make the whole emotional body of this entity dependent upon same. The better approach in correcting these, and in setting the physical desires, the physical aspirations, in mental coordination with physical changes, may best be established by suggestions as may be made to the subconscious mind of the entity, by the mother, as the body sinks into physical sleep - or is controlled wholly by the subconscious self.

At first this may apparently be quite a problem for the mother, It will require the taking of self in hand, in meeting a condition that might have been controlled many years ago, during the period of gestation. For, as has been given, you must meet yourself; you must pay every whit.

Find self. Know your own spiritual ideal, your mental aspirations for this body; and through the divine approach this body - daily - for a period sufficient to overcome the material conditions that disturb the body. Make those suggestions, as the body sinks to sleep, that may change the whole outlook, the aspirations, the desires, the hopes, the fears, the joys, the sorrows of this body.

First, then, it must be within self; not merely as rote. But find self in this manner, in prayer, in meditation, to the divine; that self is willing, and then guide the mind and body. And make self willing! Meet the problem; else be responsible again for the conditions that may come about in the physical and material experiences of the body.

As the body goes to sleep, give the suggestion not that it will merely refrain or that it will be able to contain or control the activities of the bladder and kidneys, but as to how its whole life in its hopes and its aspirations may be guided - in its moral, its mental, its material aspirations.

Make those suggestions positive; not doubting, not fearing, but knowing that it has been committed to thy keeping, to thy care. It is thy problem, not someone else's. It is thy boy of thy body, of thy blood, of thy mind. Then meet it, through the help of Him; who has promised to answer when you call, who has promised - if you live that day by day in your relationships to others - "If ye seek ye shall find me - if ye love me and keep my commandments, I will come and abide with you, and will aid in directing concerning thy problems, ever."

These promises are very sure to all who take hold on the hand of the Christ, who offers His hand to those who are disturbed in any way, in any manner in any problem; and He promises to give that peace. Not as the world knows peace, but that peace of assurity that you are one with Him. And if you commit that peace to thy son, he - to - may put his hand in the hand of the Master and daily walk in those ways in which it can be, it may be met if you will wholly trust Him.

These will do away with doubts and fears. These will do away with those disturbances in the mind of the boy in his relationships with others.

For it is in the practice of peace within self, of love made manifest in self, that you make same manifest in your relationships to others. Not as a goody-goody individual, but as one good <u>for</u> something; bringing peace, joy, gladness, hope.

When all about you seems disturbed, when all seems lost, know that He in His love, and in His patience can turn such conditions into victorious joy, into gladness that makes the heart, the mind, the eyes, the body, the voice, joyous in living for the Christ's sake.

Do that.

In patience, in persistence, in love, find thyself. Then commit same in meditation, in prayer, to the real mind of this body.

3190-1, m. 46: In the mental forces in the physical body, the body is physically and mentally capable of controlling the physical through the mental. That is, if the body undertook to remove even physical conditions by the mental suggestion to self, it could create in the system that necessary to overcome conditions..

Parkinson's disease:

3450-1, f. 55, Q-4. Would hypnosis help the body conditions? If so, please give name and address of reliable hypnotist in or near Boston.

A-4. Not as we find indicated here. Spirituality is the most help. Deep meditation, prayer, will be the most helpful.

3619-1, m. 54, constant head pains for last 5 years: As we find here, the relaxings of the body by or through suggestions made as to almost hypnotize the body will help. This should be done by the power of suggestion at the same time that applications would be made for magnetic healing. This may be done by the very close associates of the body.

3676-1, m. 8, congenital deafness: This is of a karmic nature. It is as much or more for those responsible for the body, as well as for the learning of patience by the body itself . . . Thus the treatments here would be best given by the mother; that is, in the present circumstances . . (Wet Cell Appliance carrying Gold Chloride.) Be sure to rotate the attachments in this order. These are the three centers (3rd cervical, 9th dorsal, 4th lumbar) through which there is the activity of the kundaline forces that act as suggestions to the spiritual forces for distribution through the seven centers of the body . . .

Use that period for suggestions to the body. Though there may not be the hearing, there may not be the perfect vision, there may not be the normal taste, the normal voice, we find that the soul, the entity, the subconscious the unconscious and the superconsciousness will respond - by the continual drum of the suggestion given. Use the mother's own words, but this as the purpose of such a prayer or suggestion:

MAY THIS BODY BE SO ATTUNED TO THE INFINITE THAT IT MAY BE PREPARED HERE AND NOW FOR THE GREATER SERVICE IT MAY RENDER TO ITS FELLOW MAN IN THIS EXP

4077-1, f. 45, nasal catarrh: As to the acute condition that sometime back was caused through a radiation of conditions that upset the equilibrium between the organs of the central nerve and blood supply that supplies the organs of lungs, heart, liver, kidneys and their relationship with the sympathetic nervous system, we would control same through the power of suggestion that is reached to these through the organs of sensory system.

Through those areas where there are closer associations of the central nervous system and the sympathetic nervous system there needs to be stimulation (osteopathically) to keep coordination and prevent the return, also to bring better coordination in the present through the activities of the nervous systems of the body. Thus there may be reduced the disorders that reoccur now and then from the activity of the organs, especially in the liver and kidneys, radiated at times through the effect to the heart and lungs.

5014-1, m. 11, retarded: These suppressions are in the areas where reflexes to the various activities or impulses through the body find their reactions; that is, the incoordination between impulses received by suggestions activative along the sympathetic nervous system and the responses through the central nervous system. We find that these are the sources of the retardments, the inability of concentration, the inability to coordinate the body's reaction with others; for the body becomes confused with groups or crowds...

Even through the period of giving the massage, as well as the Appliance, let there be suggestions given to the body in that way not merely of speculation but as to positive activities of the body; planning, as it were, its activities for the next day. As an illustration: On the morrow, or in the morning there will be certain activities. This should be very thoroughly outlined, very consistently suggested. Thus, we will find a change in the activies of the body, bringing the reflexes to the brain centers with the nervous system in the ganglia where there are the closer associations with the sympathetic and suggestive nerve forces of the body.

5022-1, m. 9, retarded: As we find, the better interpretation might be obtained for these physical disturbances through the Life Reading to give the experiences of the entity in the earth. For the greater part of the disturbance here is karmic...

We find it would be preferable to use the Radio Active Appliance daily to put the body to sleep. Then as it is going to sleep, let the parents - the father, the mother - together, not separately (for this is your responsibility - you can't shun it - you can't delegate it and get the results yourself) - make suggestions to the body... (Nightly massage with oils) This (massage) can be given one night by the mother, the next night by the father, but let it be one or the other of these. It is worth the time for self.

Then attach the Radio-Active Appliance, and as the body goes to sleep, make the suggestions.

Then take thy troubles to thy Maker, and in thy suggestions appeal to the divine within this developing body.

Begin first to prepare self by reading Exodus 19:5 Know that this is speaking to each of you - the parents. Then read Exodus 20, especially the first 18 verses giving the commandments, and these are to be not merely literally but spiritually applied in self.

Then read Deuteronomy 30 and apply these admonitions in self.

This will give the parents the background, the purpose and the ideal for which and through which they would prepare themselves to give the suggestions necessary for this body.

5128, f. 5, deaf since 6 mos. old: We find that it would be better if the body were kept close to the mother, for at least another 3-4 years... (Osteopathy, WCA) In giving the treatments with the Wet Cell Appliance, use this period each day as the period when there will be suggestions made to the body; that it, the body, will - in the influences brought to bear - interpret, understand and make application of these suggestions. Whether these are consciously heard by the body of not, make them audible. Eventually we will find that the body will respond... (Massage daily following the WCA) Do this very thoroughly. Take the time, and use this as the period for conversation. Keeping up this conversation, it will bring corrective measures to the body.

5176-1, f. 7, in feeble-minded home: It will require patience persistence and, most of all, when administrations are made, to sincerely and prayerfully make the suggestions to this body-consciousness as it may fall into deep sleep or slumber... (WCA followed by massage) The body should fall into a rest or sleep, thus we would use these periods for making the suggestions, but let the mother or that one responsible, or the two together, from time to time make the suggestions, prayerfully, that there is improvement, there is the helpfulness, there is the spirit of true help coming to the body; but the bodies making suggestions must live that they seek for this body.

5221-1, f. 53, possession: It is indicated that the body is a supersensitive individual entity who has allowed itself through study, through opening the centers of the body, to become possessed with reflexes and activities outside of itself. As we find, these are the sources of the anxieties. These are the sources of the feelings of possession. These are the sources of the oppressions.
These may be aided through suggestion, and with charges of the body daily with ultra-violet and violet ray treatments...
If the body will do these and set itself in mind to be rid of these conditions and to live a normal-reacting life, these will bring conditions which will be satisfactory for the body...

5708-1, f. adult, 12/6/22, aphonia: So to bring the normal factor in the body to give relief, we would give this body the suggestion through mesmeric or hypnotic influences, the post suggestion necessary to give the correct connection through this portion of the body... (Manipulation, magnetic treatment) We would find under this treatment the body would respond almost automatically, yet to bring the perfect unison would require 3-4 weeks only. Do that.

Q-1. Mr. Cayce, who would be the proper person to give these deep manipulations?

A-1. Anyone who understands the condition as outlined here. It does not necessarily mean a physician. Anyone, who understands the condition and who has the magnetic forces sufficient to give to the body, both in the waking and semi-conscious state.

Q-2. Mr Cayce, how will you determine who has this magnetic force?

A-2. There are thousands of them. Just find one.

Q-3. Mr. Cayce, this body does not know of any such person, who could do this work?

A-3. No fault of ours here.

Q-4. Mr. Cayce, are there any other treatments besides those you have suggested for this body?

A-4. We have given the one correct treatment for this body to regain the use and control of the power of speech to this body. There are thousands of treatments. There is one correct one. Do that.

Q-2. What is the correct meaning of the term "Essene"?
A-2. Expectancy.

Q-3. Was the main purpose of the Essenes to raise up people who would be fit channels for the birth of the Messiah who later would be sent out into the world to represent their Brotherhood?
A-3. The individual preparation was the first purpose. The being sent out into the world was secondary. Only a very few held to the idea of the realization in organization, other than that which would come with the Messiah's pronouncements.

Q-4. Were the Essenes called at various times and places Nazarites, School of the Prophets, Hasidees, Therapeutae, Nazarenes, and were they a branch of the Great White Brotherhood, starting in Egypt and taking as members Gentiles and Jews alike?
A-4. In general, yes. Specifically, not altogether. They were known at times as some of these; or the Nazarites were a branch or a THOUGHT of same, see? Just as in the present one would say that any denomination by name is a branch of the Christian-Protestant faith, see? So were those of the various groups, though their purpose was of the first foundations of the prophets as established, or as understood from the school of prophets, by Elijah; and propagated and studied through the things begun by Samuel. The movement was NOT an Egyptian one, though ADOPTED by those in another period - or an earlier period - and made a part of the whole movement.

They took Jews and Gentiles alike as members, - yes.

Q-5. Please describe the associate membership of the women in the Essene brotherhood, telling what privileges and restrictions they had, how they joined the Order, and what their life and work was.
A-5. This was the beginning of the period where women were considered as equals with the men in their activities, in their abilities to formulate, to live, to be, channels.

They joined by dedication - usually by their parents.

It was a free will thing all the way through, but they were restricted only in the matter of certain foods and certain associations in various periods which referred to the sex, as well as to the food or drink.

Q-6. How did Mary and Joseph first come in contact with the Essenes and what was their preparation for the coming of Jesus?
A-6. As indicated, by being dedicated by their parents.

Q-7. Please describe the process of selection and training of those set aside as holy women such as Mary, Editha, and others as a possible mother for the Christ. How were they chosen, were they mated, and what was their life and work while they waited in the Temple?
A-7. They were first dedicated and then there was the choice of the individual through the growths, as to whether they would be merely channels for general services. For, these were chosen for special services at various times; as were the twelve chosen at the time, which may be used as an illustration. Remember, these came down from the periods when the school had begun, you see.

When there were the activities in which there were to be the cleansing through which bodies were to become channels for the new race, or the new preparation, these then were restricted - of course - as to certain associations, developments in associations, activities and the like. We are speaking here of the twelve women, you see - and all of the women from the very beginning who were dedicated as channels for the new race, see?

254-109 con't:

254-109 con't:

Hence the group we refer to here as the Essenes, which was the outgrowth of the periods of preparations from the teachings by Melchizedik, as propagated by Elijah and Elisha and Samuel. There were set aside for preserving themselves in direct line of choice for the offering of themselves as channels through which there might come the new or the divine origin, see?

Their life and work during such periods of preparation were given to alms, good deeds, missionary activities - as would be termed today.

Q-8. Please tell of the contacts of Thesea, Herod's third wife, with the Essenes, her meeting with one of the Essene Wise Men, and what were the names of the two wives preceding her?

A-8. There was the knowledge of same through the giving of information by one of those in the household who had been so set aside for active service. Through the manner and conduct of life of that individual, and the associations and activities, the entity gained knowledge of that group's activities.

Q-9. Please describe the Essene wedding, in temple, of Mary and Joseph, giving the form of ceremony and customs at that time.

A-9. This followed very closely the forms outlined in Ruth. It was not in any way a supplanting but a cherishing of the sincerity of purpose in the activities of individuals.

When there was to be the association, or the wedding of Joseph and Mary - Mary having been chosen as the channel by the activities indicated upon the stair, by the hovering of the angel, the enunciation to Anna and to Judy and to the rest of those in charge of the preparations at that time, - then there was to be sought out the nearer of kin, though NOT kin in the blood relationships. Thus the lot fell upon Joseph, though he was a much older man compared to the age ordinarily attributed to Mary in the period. Thus there followed the regular ritual in the temple. For, remember, the Jews were not refrained from following their rituals. Those of the other groups, as the Egyptians or the Parthians, were not refrained from following the customs to which they had been trained; which were not carried on in the Jewish temple but rather in the general meeting place of the Essenes as a body-organization.

5749-5

*(5/1/34 see detailed dream listed at end of 5749-5 which EC had in the A.M. reading, or during the A.M. reading 378-28.)

(At beginning of 5749-5, before it started, GD saw Sphinx-face alive, expressive, with wise owl on its right shoulder.)

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 1st day of May, 1934, in accordance with request made by those present - 3:35 to 4:00 P.M.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Mildred Davis, L.B. and Hugh Lynn Cayce.

READING

Mrs. C: You will have before you Edgar Cayce, present in this room, and his enquiring mind in relation to the talk which he expects to give next Monday evening on the "Second Coming." You will give what he should present at this open meeting on this subject.

Mr. C: That which crowds in at the present may be well for those present, but would it be well for those in open meeting? From this experience, though, there may be gathered that which has been given and that which may be helpful to many in the comprehension of that which is the experience of those that seek through such channels to have for themselves the experience that may be had by those here in this room in the present.

Be mindful then, each of you, of that ye may inwardly experience in that which may be given you.

For, those experiences that have been told you of the vision of the gathering of those that were known to many in this present land and in the lands abroad were in reference to just those things that may be said respecting the Coming.

Many of these have ministered, have preached concerning this Second Coming. Not a one but what has at some time left the record of his contemplations and experiences in those environs, whether made in the heart and mind of his hearers or in the written word; yet here today, in what ye call time, ye find them gathering in a body to listen to that as may be given them by one who is to be a forerunner of that influence in the earth known as the Christ Consciousness, the coming of that force or power into the earth that has been spoken of through the ages.

Listen, while he speaks!

Ye, my brethren, in your ignorance and in your zeal have often spoken of that influence in the earth known among men as the record made by those that would influence the activities in the religious or spiritual life of individuals through the ages, as a record of the Son of man as He walked in the earth. Rather would ye listen and harken to those things as He spoke when He made those inferences and illustrations as to how those had

closed and did close their ears to what was actually going on about them; yet they knew Him not! He, our Lord and our Master, was the first among those that put on immortality that there might be the opportunity for those forces that had erred in spiritual things; and only through experiencing in a manner whereunto all might be visioned from their greater abilities of manifesting in the various phases, forms and manners as they developed through that ye know as matter, could they come to know how or why or when there was made manifest in any realm spirit that was good and spirit that was in error. For, He gave thee, had ye not known the Son ye would not be condemned in thine own self. For, condemnation was not in Him, but "ye are condemned already." And in the coming into the influence of those that would open themselves for an understanding might there be the approach to Him. He has come in all ages through those that were the spokesmen to a people in this age, that age, called unto a purpose for the manifestation of that first idea.

Readst thou how the sons of God came together, and Satan came also? "Hast thou considered my servant? Hast thou seen his ways?" And the answer, even from the evil force, "Put forth thine hand - touch him in these things that pertain to the satisfying of desire that is flesh, and he will curse thee to thy face." Then, "He is in thine hand, but touch not his soul - touch not his soul!"

So we see how that the coming into the earth has been and is for the evolution or the evolving of the soul unto its awareness of the effect of all influences in its experience in the varied spheres of activity; and that only in him who was the creator, the maker, the experiencer of mortality and spirit and soul could this be overcome.

Then, the necessity. For, has it not been said, has it not been shown in the experience of the earth, the world, from any angle it may be considered, that He has not willed that any should be lost - but has prepared the way of escape in Him, the Maker?

But who is the worthy servant? He that has endured unto the end!

Then, He has come in all ages when it has been necessary for the understanding to be centered in a new application of the same thought, "God is Spirit and seeks such to worship him in spirit and in truth!"

Then, as there is prepared the way by those that have made and do make the channels for the entering in, there may come into the earth those influences that will save, regenerate, resuscitate, hold - if you please - the earth in its continued activity toward the proper understanding and proper relationships to that which is the making for the closer relationships to that which is in Him alone. Ye have seen it in Adam; ye have heard it in Enoch, ye have had it made known in Melchizedek; Joshua, Joseph, David, and those that made the preparation then for him called Jesus. Ye have seen His Spirit in the leaders in all realms of activity, whether in the isles of the sea, the wilderness, the mountain, or in the various activities of every race, every color, every activity of that which has produced and does produce contention in the minds and hearts of those that dwell in the flesh.

5749-5 Continued: 5749-5

For, what must be obliterated? Hate, prejudice, selfishness, backbiting, unkindness, anger, passion, and those things of the mire that are created in the activities of the sons of men.

Then again He may come in body to claim His own. Is He abroad today in the earth? Yea, in those that cry unto Him from every corner; for He, the Father, hath not suffered His soul to see corruption; neither hath it taken hold on those things that make the soul afraid. For, He is the Son of Light, of God, and is holy before Him. And He comes again in the hearts and souls and minds of those that seek to know His ways.

These be hard to be understood by those in the flesh, where prejudice, avarice, vice of all natures holds sway in the flesh; yet those that call on Him will not go empty handed - even as thou, in thine ignorance, in thine zealousness that has at times eaten thee up. Yet here ye may hear the golden sceptre ring - ring - in the hearts of those that seek His face. Ye, too, may minister in those days when He will come in the flesh, in the earth, to call His own by name.

We are through.

Copy to Work book
" " Ass'n file

* * *

*DREAM (or Experience) as told by EC, upon awaking from 378-28 this A.M.:

I went just a while ago (before the reading) and looked at the newspapers to see what the picture was on tonight, and it was something about a train east or some such thing as that, (Sleepers East), but when I had this experience it all happened on a train.

I do not know whether this made it - does this make it? Of course, it wasn't anything, I am sure, like the picture must be because on this train was Mr. Moody and Sam Jones and George Stuart, (all deceased evangelists) and all those people going to a meeting where somebody was going to teach and it was someone we had seen before, for it appeared to me to be that it was John who was going to teach, John the Disciple.

I was on the train there with them and they were discussing as to what they had preached when they were here and what their experiences were since they had been on the other side. (Someone asked EC what they said) Well, some of them said that they didn't think any of it was so, that they thought was so when they were here. Another said "Yes, it is exactly what you preached". Another one said, "Well, that wasn't just my experience."

Then I asked Mr. Moody if he remembered me. (EC had some experiences with Mr. Moody on earth). He said, "Oh, yes, but you are not just like we are. You are not in the same place with us. You are on this same train with us right now, but don't forget you have to go back and don't you get too far away."

Mr. Moody seemed to be sort of a listener, yet when he spoke everybody kept silent, and as usual Sam Jones was one who would speak quite often, and he was still having some joke on somebody there and he was still chewing tobacco - that I don't understand. He did spit just like this (EC demonstrated).

Sam Jones said, "Well, things are quite a bit different from what I preached or imagined they were;" then he turned to George Stuart and said, "George, don't you find it that way?" I heard

5749-5 Continued: 5749-5

Sam Jones say that Excel was going to lead the singing when they got over to this meeting. George said they were quite a bit different. "We are going to meetings and still going to meetings; the only difference is that we are being preached to instead of preaching, for we have found that we didn't know it all." Some of them turned to Mr. Moody and I think Sam Jones said, "D.L., how do you find it?"

He said, "Well, it isn't so different. You know what we called human nature is still human nature - it isn't so different." They seemed to be having just as good a time as they ever did.

Mr. Moody said to me, "Oh, yes, I remember you and I remember the tale I told you about the little girl."

(Ques. asked EC: "Did they speak of any others and call them by name?") They had to stop and let Smith on the train.

(On being asked further questions:) I simply found myself on this train. It was all white and gold inside and the chairs were like club seats, nice, big downy cushions. Someone said, "Sam, aren't you afraid you will get that tobacco juice on the cushions?" I rather liked it because I might get a chance to smoke.

What did they say about the meeting? They said they were going to a big meeting, when I asked Sam Jones where they all were going. They stopped at this place when Mr. Smith got on

Sam Jones asked a riddle: "Do you know why they have twin beds?" Some other man said, "No, why?" He said, "On account of onions." Everybody laughed.

(This brought quite a bit of discussion by those present. EC said everything had to have a source in the spiritual before it could manifest in the earth. Everything in the earth is a pattern of that in the spiritual.)

They said, "You must get off before it goes too far."

(Ques.: "Did you have any desire to go on?") I wanted to go ahead and I knew that if they went through the next tunnel I wouldn't get off.

There was another man on there that I knew and he was the one that was insisting that Mr. Smith was going to get on the train. There was another funny thing about it - all of them were dressed in white. I didn't notice what I had on.

The lights were on the side of the wall and on the ceiling. It certainly was a very nice experience - I could hear that train, the noise of the wheels and the whistle.

That makes two or three times that I have heard that John was going to talk in a dream, but I never heard him talk. I would like to have gone on to the meeting.

(In discussion which followed the telling of this experience Mrs. Cayce said that Sam Jones frequently referred to the song, "Life's Railway to Heaven" in his sermons or liked to have it sung. This may or may not have a bearing on the means of conveyance which Edgar Cayce used in the dream.)

* * *

5/7/34 EC gave a lecture in Norfolk on THE SECOND COMING, based on material in the 5749-5 reading.

7/9/34 See 5756-13, A-6 P2 re. above meeting and the evangelists mentioned.

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 22nd day of June, 1941, at the Tenth Annual Congress of the Association for Research & Enlightenment, Inc., - 3:40 to 4:45 P.M., EST:

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno. Gladys & Charles Dillman, Fannie L. & J. Floyd Leonard, Malcolm Allen, Florence Edmonds, Minnie & C. A. Barrett, Beatrice & Richmond Seay, Gladys Hardin, Frances Y. Morrow, Hannah & Noah Miller, Mignon Helms, Shea Hurley, Sallie Jones, Alberta Burmeister, Henrietta McClelland, Kathryn Patterson, Willie L. & Katherine McAllister, Sally Taylor, Marion Wolfe, Marsden Godfrey, Helen Storey, Esther Wynne, Jane Williams, Ruth & Jeanne LeNoir, Burt Davis, Mae Verhoeven, Riley Simmons, Doris House, Ethel & Edgar Parry, Rosa & Joshua Manning, Ruth Denney, Lucille, David, S. David & Richard Kahm, Thomas Sugrue, Hugh Lynn Cayce & others.

Mrs. C: You will have before you the enquiring mind of the entity Thomas Sugrue, present in this room, who seeks a continuation of information given on the life of the Master and its history in the material world, given in Readings of June 27, 1937 (5749-7-8). Because of the purpose for which this information is to be used, he asks at this time for a description of a literary nature of certain events in the life of the Master which are known to us in outline but not in detail. You will give these as presented, - first the birth of the Master at Bethlehem beginning with the arrival of Mary and Joseph at the Inn. You will include such details as weather, time, conversation with Inn Keeper, number of people at the Inn, types they represented, recreations and occupations engaged in during the evening, what was being eaten and drunk, whether the guests knew the Child was being born, actual time of birth, etc.

Mr. C: Yes, we have the information that has been indicated respecting some of the events surrounding the birth of Jesus, the son of Mary, in Bethlehem of Judea.

The purposes are well known, for which the journey was made in the period. The activities of Joseph are well known. The variation or difference in their ages is not so oft dwelt upon. Neither is there much indicated in sacred or profane history as to the preparation of the mother for that channel through which immaculate conception might take place. And this, the immaculate conception, is a stumblingstone to many worldly-wise.

The arrival was in the evening, - not as counted from the Roman time, nor that declared to Moses by God when the second passover was to be kept, nor that same time which was in common usage even in that land, but what would NOW represent January sixth.

The weather was cool, and there were crowds on the way. For, it was only a sabbath day's journey from Jerusalem. There were great crowds of people on the way from the hills of Judea.

The people were active in the occupations of the varied natures in that unusual land. Some were carpenters, - as those of the house of Joseph, who had been delayed, even on the journey, by the condition of the Mother. Some in the group were helpers to Joseph, - carpenters' helpers. Then there were shepherds, husbandmen, and the varied groups that had their small surroundings as necessitated by the conditions of the fields about Nazareth.

In the evening then, or at twilight, Joseph approached the Inn, - that was filled with those who had also journeyed there on their way to be polled for the tax as imposed by the Romans upon the people of the land. For, those had been sent out who were to judge the abilities of the varied groups to be taxed. And each individual was required by the Roman law to be polled in the city of his birth.

Both Joseph and Mary were members of the sect called the Essenes; and thus they were questioned by those not only in the political but in the religious authority in the cities.

Then there was the answer by the inn keeper, "No room in the inn," especially for such an occasion. Laughter and jeers followed, at the sight of the elderly man with the beautiful girl, his wife, heavy with child.

Disappointments were written upon not only the face of Joseph but the inn keeper's daughter, as well as those of certain groups about the inn. For, many saw the possibilities of an unusual story that might be gained if the birth were to take place in the inn. Also there was consternation outside, among those who had heard that Joseph and Mary had arrived and were not given a room. They began to seek some place, some shelter.

For, remember, many of those - too - were of that questioned group; who had heard of that girl, that lovely wife of Joseph who had been chosen by the angels on the stairs; who had heard of what had taken place in the hills where Elizabeth had gone, when there was the visit from the cousin - and as to those things which had also come to pass in her experience. Such stories were whispered from one to another.

Thus many joined in the search for some place. Necessity demanded that some place be sought - quickly. Then it was found, under the hill, in the stable - above which the shepherds were gathering their flocks into the fold.

There the Savior, the Child was born; who, through the will and the life manifested, became the Savior of the world - that channel through which those of old had been told that the promise would be fulfilled that was made to Eve; the arising again of another like unto Moses; and as given to David, the promise was not to depart from that channel. But lower and lower man's concept of needs had fallen.

Then, - when hope seemed gone, - the herald angels sang. The star appeared, that made the wonderment to the shepherds, that caused the awe and consternation to all of those about the Inn; some making fun, some smitten with conviction that those unkind things said must needs be readjusted in their relationships to things coming to pass.

All were in awe as the brightness of His star appeared and shone, as the music of the spheres brought that joyful choir, "PEACE ON EARTH! GOOD WILL TO MEN OF GOOD FAITH."

All felt the vibrations and saw a great light, - not only the shepherds above that stable but those in the Inn as well.

To be sure, those conditions were later to be dispelled by the doubters, who told the people that they had been overcome with wine or what not.

Just as the midnight hour came, there was the birth of the Master.

The daughter of the inn keeper was soon upon the scene, as was the mother of the daughter, and the shepherds that answered the cry - and had gone to see what was come to pass.

Those were the manners, and the ones present soon afterwards. For, through the period of purification the Mother remained there, not deeming it best to leave, though all forms of assistance were offered; not leaving until there was the circumcision and the presenting in the temple to the magi, to Anna and to Simeon.

Such were the surroundings at the period of the birth of Jesus.

Q-1: The first recorded miracle at the wedding in Cana of Galilee when the Master changed water into wine. The entity desires again such details as weather, names of people in wedding, food and drink, games and dances, etc.

A-1: A great deal of that leading to the experience, to be sure, is being skipped over. For, that came about soon after the return of the Master from the Jordan, and his dwelling by the sea, his conversation with Peter - after Andrew had told Peter of the happenings at the Jordan; and there was the wedding in Cana of Galilee.

The girl was a relative of those close to the Mother of Jesus, who prepared the wedding feast - as was the custom in that period, and is yet among those of the Jewish faith who adhere to the traditions as well as custom of those people chosen as the channel because of their purpose with God.

The girl to be wed was a daughter of the cousin of Mary, a daughter of a younger sister of Elizabeth, whose name was also Mary. And she was the one spoken of as "the other Mary," and not as some have supposed.

The customs required that there be a feast, which was composed of the roasted lamb with the herbs, the breads that had been prepared in the special ways as were the custom and tradition of those who followed close to the faith in Moses' law, Moses' custom, Moses' ordinances.

The families of Mary were present, as well as those of the groom.

The groom, in the name of Roael, was among the sons of Zebedee; being an elder brother of James and John who later became the close friends and the closer followers of Jesus.

The Master, returning with those who were hangers-on, naturally sought to speak with His mother. Learning of this happening He, too, with the followers, were bid to remain at the feast.

Much wine also was part of the custom. The day was what ye would call June third. There wereplenty of flowers and things of the field, yet only a part of those things needed. For, the custom called for more of the meats prepared with certain herbs, and wines.

The day had been fine; the evening was fair; the moon was full. This then brought the activities with the imbibing more and more of wine, more hilarity, and the dance - which was in the form of the circles that were a part of the customs, not only of that land then but that are in your own land now and then being revived.

With those activities, as indicated, the wine ran low. Remember, the sons of Zebedee were among those of the upper class, as would be termed; not the poorer ones. Thence the reason why Mary served or prepared for her relative the feast.

From those happenings that were a portion of her experience upon their return from Egypt, - as to how the increase had come in the food when they had been turned aside as they journeyed back toward the Promised Land, - Mary felt, knew, was convinced within herself that here

again there might be such an experience, with her son returning as a man starting upon his mission. For, what was the pronouncement to the mother when Gabriel spoke to her? What was the happening with Elizabeth when the mother spoke to her?

This might be called a first period of test. For, had He not just ten days ago sent Satan away, and received ministry from the angels? This had come to be known as heresay. Hence the natural questioning of the mother-love for the purposes; this son - strange in many ways - had chosen, by the dwelling in the wilderness for the forty days, and then the returning to the lowly people, the fishermen, about this country. It brought on the questioning by the mother.

We are through for the present.

5749-16

This Psychic Reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 10th day of September, 1941, in accordance with request made by those present 3:30 to 3:55 P.M., EDST.

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno., Florence Edmonds, Esther Wynne, Hannah Miller, Helen Ellington, Frances Y. Morrow, Sallie Jones, Mae Verhoeven, Ruth Denney, Helen Godfrey, Louise K. Dill, Louise B. Chisholm, Louise W. Eggleston, Minnie Barrett, Pat Bailey and others.

Mrs. C: You will have before you the Glad Helpers Prayer Group, members of which are present in this room, who seek a continuation of information given through this channel on the life of the Master and its history in the material world. You will give a description of certain events in the life of the Master, particularly the healings of the Master. You will answer the questions that may be asked.

Mr. C: Yes, we have the group as gathered here, as a group and as individuals; their purposes, their aims.

In interpreting the life of the Master, Jesus, - as has been indicated, His birth, His advent into the material world brought satisfaction, and yet consternation to the many.

This was indicated a few months afterward, when - with the return of the Mother and Joseph to Nazareth - there was the edict that all children up to two years of age were to be destroyed. Indeed, did Rachel weep for her sons.

Through the experience, though, as has been indicated, there were those precautions. There was that journey into Egypt, which is recorded in the varied manners in Matthew and in Luke. To many, there might be questionings as to whether Mary was informed of the necessity for the flight, or merely Joseph - as Matthew records. However, as we find, they were of one mind, and the flight into Egypt - as is recorded - was the fulfilling of the prophecy. For, it had been said, "and my son shall be called from Egypt."

The period of stay in Egypt was something over two and one-half years - until another ruler was in authority or power. Then there was the return.

Through that period there were many of the stories that have come down as legends, even of those people in some portions of Egypt and of Arabia, as to the happenings along the way, as to how there were the unusual happenings - indicating not only the divinity of the Child but that purpose later recorded, "And she kept all of these and pondered them in her heart."

After the journey to Jerusalem, there were the periods of education in Syria, India, the completing again of the activities in Egypt; and the passing of the tests there by those who were of the Essene group, as they entered into the service - as did the Master and John before Him.

As to the healings, the miracles performed by the Master, - of course, the first recorded begins with that in Capernaum, or in Cana and nigh unto Capernaum, when He had so recently returned from the wilderness - or the visit to John - when the water was turned into wine.

Then there was the healing of Simon Peter's wife's mother, of a fever. It was one of the few instances where healings were performed among His own people, among His own kindred.

Some might easily ask the question: If He were the healer, why was it necessary that Joseph pass away?

Did the Master come to be about HIS work or His Father's work?

As individuals, as representatives of the Master, as brothers, as heirs with Him, do we go about our Father's work or our work? There is the variation.

- - - - - - -

Respecting the miracles of healing, there were many instances where individual healings were of the nature as to be instantaneous, - as that when He said to him sick of the palsy, "Son, thy sins be forgiven thee." When the questionings came (as He knew they would), He answered "Which is it easier to say, Thy sins be forgiven thee, or Arise, take up thy bed and go unto thine house?" Immediately the man arose, took up his bed and went unto his house! Here we find that it was not by the command, but by His own personage. For, the question was not as to whether He healed but as to whether He had the power to forgive sin! The recognition was that sin had caused the physical disturbance.

- - - - - - -

Then, these are part of the experience of each and every soul in their search for, in their relationships with their fellow man.

Ye may ask, does this apply in the present? "In Him ye live, ye move, ye have thy being - if ye love me, saith the Master, ye will keep my commandments. My commandments are not grievous; my commandment is that ye love one another, even as I have loved you. If ye love me, I - and the Father,..will come and ABIDE with thee."

Believe ye His words?

- - - - - - -

Just as experienced by those who stood about the grave of him, the brother of those whom the Lord loved, - when He spoke, death itself gave up that it had claimed, even though the sister had warned that there had not been the embalming as had been the purposes of many. Instantly the activity brought life. For He IS life. He IS health, He IS beauty, He IS - not was, not will be, but IS! For He having overcome death, hell and the grave, He is justified before God in giving to him who believes, who is in accord; that "If ye ask in my name, believing, " doing, being that ye ask for, that shall be done unto thee.

- - - - - - -

Yet with the breaking of the bonds of death, the breaking of the material bonds - the binding about the head - must needs be done by others.

There is ever, then - in thy material associations, in thy seeking for help, love, health, understanding for thy brother - SOMETHING, some effort on their part as well as THINE. But "Where two or three are gathered together in my name, there will I be in the midst of them."

These are the influences that all must realize, if they would understand, if they would comprehend, if they would contemplate, if they would seek - that ye cannot give that which ye do not possess. If ye have the love in the Christ, in the giving ye have the more; even as He demonstrated in the giving of life that ye might have life more abundantly, that there might be a closer walk with Him. And as ye walk, ye talk with Him, He talks with thee.

"Be not afraid, it is I." Has this come to thee? Has it not oft been thy experience and ye, in thy doubt, in thy fear of being in His presence, have turned away? "Inasmuch as ye do it unto the least of thy brethren ye do it unto me." This is for each of you. This is thy Lord, as He would approach thee, that ye in thy grace, in thy love, thy mercy as thou showest to thy brother, may find that love in Him.

We are through.

- - - - - - -

Extract from reading 4/28/32: 364-9

Q-3. What part did Jesus play in any of His reincarnations in the development of the basic teachings of the following religions and philosophies? Buddhism, Mohammedanism, Confucianism, Shintoism, Brahmanism, Platonism, Judaism?

A-3. As has been indicated, the entity - as an entity - influenced either directly or indirectly all those forms of philosophy or religious thought that taught God was One...In all of these, then, there is that same impelling spirit. What individuals have done, do, to the principles or the spirit of same - in turning this aside to meet their own immediate needs in material planes, or places - has made for that as becomes an outstanding thing, as a moralist or the head of any independent religious force or power; for, as has been given, "Know, O Israel, the Lord thy God is ONE!" whether this is directing one of the Confucius' thought, Brahman thought, Buddha thought, Mohammedan thought, these are as teachers or representatives... "Paul may minister, Apollos may have watered, but it's GOD that gives the increase!" The Spirit of the Creative Force, and as such the Son represented in the spirit in that as was made manifest in the earth. Not as only one, but the only one; for, as He gave, "He that climbs up any other way is a thief and a robber."...God calls on man everywhere to seek His face, through that channel that may be blessed by the Spirit of the Son - in whatsoever sphere this may take its form... What are the commandments? "Thou shalt have no other God before me", and "Love thy neighbor as thyself." In this is builded the whole law and gospel of every age that has said, "There is ONE God!"...

"Prefer thy neighbor, thy brother, before thyself." ...their own personalities were laid aside in individuals. Do thou likewise, would thou have him walk with thee. "Not my will, O Lord, but thine, be done in me - this day, now!"

- - - - - - - - - -

JESUS, WHO BECAME THE CHRIST
2533-7
(MS-1)

Q-1. What is the meaning and significance of the words Jesus and Christ as should be understood and applied by these entities [2533 & wife] in the present?
A-1. Just as indicated. Jesus is the man, - the activity, the mind, the relationships that He bore to others. Yea, He was mindful of friends, He was sociable, He was loving, He was kind, He was gentle. He grew faint, He grew weak - and yet gained that strength that He has promised; in becoming the Christ, by fulfilling and overcoming the world! Ye are made strong, - in body, in mind, in soul and purpose, - by that power in Christ. The POWER, then, is in the Christ. The PATTERN is in Jesus.

Q-2. Outline and explain a method or technique of effective prayer as to apply the laws of increase and to overcome the laws of gravity by these entities.
A-2. As ye are in and under, and apply laws, ye become the law. As He applied the law, - that is, as Jesus, the man, that is in relationship to thyself, - as He applied the law He made himself equal with the law, by becoming the law. No doubt, no fear, no animosity, no self - but selfless in God's purpose. This overcomes the law as related to all phases of materiality, including gravity, including supply, including ALL phases of the experience in the earth.

Q-3. Explain repentance and remission of sins as they apply to us.
A-3. Repentance means being sorry, as He, as He wept with the young man who turned away when he was told, "Sell all thou hast and give to the poor, and follow me." He was sorry for the young man. Why? As He gave, "Thou art not far from the kingdom of God." In other words, "Thou art not far from being wholly the law," but the fear of lack, the fear of the lack of the medium of exchange - or of wealth - hindered.

As in thine own experience - in these two - the desire to know His biddings, realizing there is a purpose that is a union of strength in each, is as that same question asked by that man. The sorrow was not of the man but of Jesus, who became the Christ.

Repentance, then, is "Not my will but Thine, O Lord, be done in me, through me, day by day."

Then, let the prayer of each be - three times each day - agree upon a time - not merely say it, but feel it,

"LORD! THY WILL BE DONE IN ME, TODAY.
"LORD! THY WILL BE DONE IN ME, TODAY."

Then, as ye go about thy daily tasks, in associations with others, let thy words, thy acts, thy thoughts, be ever, "LORD, THY WILL BE DONE IN ME TODAY."

This does not mean that there is to be long-facedness, but JOY - even as in Him when He wept with those that wept and rejoiced with those that did rejoice; even supplying the wine, even of greater flavor and potency than the bridegroom was able to supply.

He was ALL things to all men. YE, under His direction, by that constant prayer, may be - daily - all things to all men. Thus will each soul be GLAD, be JOYOUS, in thy coming, and sorrow at thy going.

Q-1. Is the transmutation of human flesh to flesh divine the real mystery of the Crucifixion and Resurrection? Explain this mystery.
A-1. There is no mystery to the transmutation of the body of the Christ. For having attained in the physical consciousness the atonement with the Father-Mother-God, the completeness was such that with the disintegration of the body - as indicated in the manner in which the shroud, the robe, the napkin lay - there was then the taking of the body-physical form. This was the manner. It was not a transmutation, as of changing from one to another.

Just as indicated in the manner in which the body-physical entered the Upper Room with the doors closed, not by being a part of the wood through which the body passed but by forming from the ether waves that were within the room, because of a meeting prepared by faith. For as had been given, "Tarry ye in Jerusalem - in the upper chamber - until YE be endued with power from on high."

As indicated in the spoken word to Mary in the garden, "Touch me not, for I have not yet ascended to my Father." The body (flesh) that formed that seen by the normal or carnal eye of Mary was such that it could not be handled until there had been the conscious union with the sources of all power, of all force.

But afterward - when there had been the first, second, third, fourth and even the sixth meeting - He THEN said: "Put forth thy hand and touch the nail prints in my hands, in my feet. Thrust thy hand into my side and BELIEVE." This indicated the transformation.

For as indicated when the soul departs from a body (this is not being spoken of the Christ, you see), it has all of the form of the body from which it has passed - yet it is not visible to the carnal mind unless that mind has been, and is, attuned to the infinite. Then it appears, in the infinite, as that which may be handled, with all the attributes of the physical being; with the appetites, until these have been accorded to a unit of activity with universal consciousness.

Just as it was with the Christ-body: "Children, have ye anything here to eat?" This indicated to the disciples and the Apostles present that this was not transmutation but a regeneration, recreation of the atoms and cells of body that might, through desire, masticate material things - fish and honey (in the honeycomb) were given.

As also indicated later, when He stood by the sea and the disciples and Apostles who saw Him from the distance could not, in the early morning light, discern - but when He spoke, the voice made the impression upon the mind of the beloved disciple such that he spoke, "It is the Lord!" The body had prepared fire upon the earth - fire, water, the elements that make for creation. For as the spirit is the beginning, water combined of elements is the mother of creation.

Not transmutation of flesh but creation, in the pattern indicated.

Just as when there are those various realms about the solar system in which each entity may find itself when absent from the body, it takes on in those other realms not an earthly form but a pattern - conforming to the same dimensional elements of that individual planet or space.

Mrs. C: Now you will have before you the body of /900/, the enquiring mind of this body, and his hunger for knowledge. You will also have questions on subject matter. You will answer these questions as I ask them.

Mr. C: Yes, we have the body, with the enquiring mind, and the desire for knowledge, with questions on subject matter, /900/.

Q-1. As given in readings of body, /900/, the gods have granted him, or brought him to that point where he may attain knowledge. What is meant by gods?
A-1. In this manner and form are gods meant here: In the attaining of development, through the mental, the soul forces, in the earth's plane, there has been set bounds about every force as manifested in the material, the mental, the soul, the spiritual planes. These bounds are the gods, or guards, of such attainment, and conditions, and meant as such in this condition.

Q-2. It has also been given in these readings that Jesus lived a man and died a man. It has also been given that God so loved the world as to give His only begotten Son to act as an example, in the flesh, to man. Explain these things to us. How may we regard the truth regarding Jesus in relation to the Jewish and Christian religions; and to all the other religions of the world?
A-2. In that the man, Jesus, became the ensample of the flesh, manifest in the world, and the will one with the Father, he became the first to manifest same in the material world. Thus, from man's viewpoint, becoming the only, the first, the begotten of the Father, and the ensample to the world, whether Jew, Gentile, or of any other religious forces. In this we find the true advocate with the Father, in that he, as man, manifest in the flesh the ability of flesh to make fleshly desires one with the will of the spirit, for God is spirit, and they who worship Him must worship in spirit and in truth, just as Jesus manifest in the flesh; and able to partake of the divine, for making all laws susceptible to the mandates, for the will was one with the Father, and in this we find he takes on all law, and a law unto himself, for with the compliance, of even an earthly or material law, such a person IS the law, and is that Jesus lived as man, and died as man, and in that became the ensample to all who would approach the throne of God.

As we see in all the religions of the world, we find all approaching those conditions where man may become as the law in his connection with the divine, the supreme, the oneness, of the world's manifestation. In Jesus we find the answer.

Q-3. It has been given that the soul is the spiritual force that animates or gives life to the body. What is spirit? What is spiritual force? Is it corporeal or incorporeal? Where may we find the soul force in the body - in the brain, nerve centers or where?
A-3. There is a vast deal of difference between spiritual and soul forces, for, as given, about each force there has been set guards or bounds. Spirit forces are the animation of ALL LIFE giving life-producing forces in animate or inanimate forces. Spiritual elements become corporeal when we speak of the spiritual body in a spiritual entity; then composed of spirit, soul and the superconsciousness.

In the soul's forces, and its dwelling in man, we find the animation, the spiritual element, the soul that developing element, and contained in the brain, in the nerve, in the centers of

the whole system. As to the specific centers, nearer those centers of the sensory system, physically speaking.

In the conditions, then, we find when soul and spirit take flight from the animate forces of a human, we find the deadening of all the centers of the sensory system, with the vitality of the solar plexus system, with the gland of the medulla oblongata, these then controlling the forces, and life becomes extinct, with soul and spirit, with the superconscious forces, gone.

Then, we have as this:

Spiritual element, the vitality, produces the motive forces of the entity, whether physical or spiritual. Spiritual forces being the life, the reproductive principle; the soul development principle. As we have manifested, or illustrated, in the physical body in nerve tissue: There becomes that principle of the nerve action and the nerve in action. That is, with the expression of some condition bringing distress in the body, the active principle is the spirit. The nerve is the soul, for development.

Q-4. What happens to the conscious mind forces and physical forces at death?
A-4. The conscious mind forces either are in the soul's development, and in the superconsciousness, or left with that portion of material forces which goes to the reclaiming, or remoulding, of physical bodies, for indwelling or spiritual entities.

Q-5. Explain universal forces. Are they forces -
A-5. (Mr. Cayce, breaking in:) In this, we find that great indwelling of that force as is given in the bounds about all development, whether mental, soul, or spiritual conditions; the universal being that element through which all becomes manifest in a material world, or a spiritual world. As would be illustrated in the prism separating the elements of light, and showing the active principle of given light or heat in its action, by deflection from the given law, and universal forces are as such. These, we see, become manifest in the material world as the mentality of man develops and gains the knowledge of the laws of the universe, and as man in his mentality gains the knowledge of that law, the deflections become the manifestations of universal laws, and force, manifested through the material world. All such laws, as man develops, will come to the use and benefit of man, there being many illustrations in the present age.

The greater we find in the life of Jesus, who only used the universal law, and in the deflection of same, through the life lived, made same manifest in the world, in the last overcoming even the disintegration of the spirit and soul from the physical or corporeal body, and able to force all law to become subjugated to the body, or, as we see, manifest in the electrical forces as used by man. This becoming only an atom in motion, and as the atomic force gathers this, producing such vibration as to create heat, light, and of the various natures, by the kind, class or nature of resistance met in its passage in the cycle given, reducing, or raising the velocity, or better by the class of atomic force it vibrates, either with or against.

These are ensamples of portions of universal forces.

We are through for the present.

262-55, Q-4: Was Jesus, the Christ, ever Job in the physical body?
A-4: No. Not ever in the physical body the Jesus. For, as the sons of God came together to reason, as recorded by Job, who recorded same? The Son of man! Melchizedek wrote Job!

5023-2: For the entity finds that it is true there is nothing in heaven or hell that may separate the entity from the knowledge or from the love of the Creative Force called God, but self. And that the entity should determine in self to apply, rather than mere knowledge or surmise, but apply and listen to the still small voice within, and the entity will find that the promises are true which have been made in that which is foolishness to the scientific or wise, the simple story of Jesus of Nazareth. But when or if the entity takes this as its study (and set this as its thought and then read, then study the Book which tells of Him, Jesus born in Bethlehem of the Virgin Mary), know this is the same soul-entity who reasoned with those who returned from captivity in those days when Nehemiah, Ezra, Zerubbabel were factors in the attempts of the re-establishing of the worship of God, and that Jeshua, the scribe, translated the rest of the books written up to that time. Then realize that is the same entity as mentioned who as Joshua was the mouthpiece of Moses, who gave the law, and was the same soul-entity who was born in Bethlehem, the same soul-entity who in those periods of the strength and yet the weakness of Jacob in his love for Rachel was their firstborn Joseph. This is the same entity, and this entity was that one who had manifested to father Abraham as the prince, as the priest of Salem, without father and without mother, without days or years, but a living human being in flesh made manifest in the earth from the desire of Father-God to prepare an escape for man, as was warned by the same entity as Enoch, and this was also the entity Adam. And this was the spirit of light.

3054-4: The entity is interested in all characters of religious thought. But as indicated, from the banyan [in the entity's seal], the Buddhist or Theosophy schools are of special interest to the entity. These are well in their place but they lead to that which is indicated in the figure in the right upper corner, in this life's seal [the Cross]. For this is the culmination of God's approach to man in his phase of unfoldment in the earth. Thus as He expressed Himself, it was not merely an individual entity, but His son, His chosen son, and not one upon whom the blessings alone were given, but the son as with the great teachers of the earth. For even in Elijah or John [the Baptist] we find the faltering, the doubting. We find no faltering, no doubting, no putting aside of the purpose in the Master Jesus...First find thyself. Apply thyself in such a way and manner as to know what ye will do with this man, Jesus of Nazareth - Jeshua of Jerusalem, Joshua in Shiloh, Joseph in the court of Pharaoh, Melchizedek as he blessed Abraham, Enoch as he warned the people, Adam as he listened to Eve.

5328-1: There must be the choice of ideals, spiritually, mentally, materially. These should not be merely as tenets that you will think about or that you would copy from a prayer book or even from the Book itself, the Bible. But rather as the result of the entity "thinking same through" but referring to at least ten promises of the Lord and Master. Find these, yes. What is the first that would come to you of a promise? "Come unto me, all that are weak and heavyladen, and I will give you rest." Does this to you mean the promise, or something that a good man said and "I hope I'll understand it some day"? Isn't it a direct challenge to yourself in some of the moods in which you find yourself? Isn't it a scientific fact that He is the savior of the world?

#5753-1 Con't:

In this manner may the group as a group become a power for good, a power magnifying and glorifying the Christ-Life in the church, in the community, in the nation, in the world. For in this showing of the seed of the spirit ye sow, and God alone may give the increase, God alone may prepare the heart. For eternal life is never earned -- it is the gift of God, by the grace of God - - through the giving of the life of the Master, Jesus, who became the Christ by overcoming death, hell and the grave, overcoming the world.

Remember as He has given, it must indeed be that offenses come, but woe unto him by whom they come.

Let it never be said, then, of a single member of the group that ye offended the least of any of His little ones.

Think not more highly of thyself than ye ought, nor consider thyself above thy fellow man. For He that is the greatest will be the servant of all. Even as the Master signified in the bathing of the feet, in the breaking of the bread, in the building of the fire, in the preparation of the food; that the weary in body, in mind might be supplied. And then as He gave to that Disciple, He requires of everyone, "feed my sheep." For all have fallen short, yet recognizing in self that of thyself ye can do nothing, but only as the spirit of truth directeth, ye may accomplish much. Then, entertain only the spirit of truth, the purpose of love, the hope of life. For He gave, "I came that ye might have light, life and love, and have all more abundantly."

And when these things are manifested in the mind and the hearts of the individuals of such a group, yea the world will feel the vibrations, yea the glory of the coming of the Lord. For He tarries not -- for some, and in His love abide thee always.

Ready for questions.

. . . (There followed personal messages for nine members of the group) . . .

Q-10. May we have a Christmas message from the Master at this time?

A-10. Let not your hearts be troubled, neither let them be afraid. For the Lord is in the Holy Temple -- let the earth and those that love the Lord rejoice, that the Father-God in the Christ is mindful of men, and He will not let thy loved ones -- nor those with and for whom ye pray -- be tempted beyond that they are able to bear. But live daily as ye pray, and pray as ye would have thy brother, the Christ, to praise thy life before the throne of mercy. Show ye mercy and love one to another, then, if ye would have love and mercy shown to thee. For this is the beginning and the end of wisdom.

We are through.

262-45 5-14-33

Q-2. /Please give a definition/ On "the blood of Jesus Christ cleanses from all sin."

A-2. As given, without the shedding of blood there was no remission of sin. As given in the beginning of man's concept of making atonement for the wrongs done self in relationship to the Creative Forces.

For, the error that man makes is the more oft against himself than making for the breaking of law as related to divine influence in the experience. For, love is law - law is love, in its essence. And with the breaking of the law is the making of the necessity for atonement and FORGIVENESS, in that which may take away error to or what has been brought in the experience of the individual.

Hence the shedding of blood in the man Jesus made for the atoning for all men, through making Himself in at-onement with the law and with love. For, through love was brought the desire to make self and His brother in at-onement. Hence in the atoning or shedding of the blood comes the redemption to man, through that which may make for his - man's - at-onement with Him.

262-47 6-11-33

M.D.: Seek to show forth that which has been given, in that there may be presented through the activities of self that glory in Him. For, as much may be FORGIVEN as there is love shown. Keep that as He gave, that all present themselves in that way which keepeth in the light.

H.E.: In showing forth that which is manifest in thine experience, let the love that was manifested in FORGIVENESS be in thee, that there be no envy, no strife, no knowledge of other than good works through the activities of self. For, in glorying in the knowledge of the Father comes more and more the manifestations of the Spirit of the Christ. "Inasmuch as ye do it unto the least of these, My little ones, ye do it unto Me."

262-59 4-8-34

Be angry and sin not. Be patient. Seven times FORGIVE, yea, seventy times seven. And, being dead, being crucified to the things that pertain to the earth, looking for that acceptable day of the Lord.

262-75 1-6-35

He is the rock of salvation ...

"Though ye wander far afield, though ye become beset by the doubts and the fears, though ye even turn thy back upon Me, if ye will remember the promises and turn, I will HEAR - speedily - and will FORGIVE thy trespasses, even as you FORGIVE those that trespass against you."

Let love be without dissimulation. Look not upon that which may bring only joy to thee, yet even peace to thee; for He is thy light and thy guide. Put rather thy life, thy experiences, thy associations, even thine own self, into His keeping; knowing He is able to keep that thou hast committed unto Him - and may SAVE thee, for He alone hath the words of life. And no matter what ye make or mark, or mar, He is still with thee, ready to hearken when ye call.

Let thine heart be raised, then, in praise that thou hast named the Name above every other name; for He alone can save - and He alone can FORGIVE - He alone can answer prayer; to the same measure that thou, in thine own experience, answereth the prayer of thy fellow man.

262-77 1-20-35

The soul is the God-part in thee, the living God. The manifestations that ye make in thy mind make for that growth which is manifested in the body in the earth and in thy soul in the everlasting.

So, know ye the way; point it out. For, as He has given, though ye come to the altar or to thine church or to thine group or to thine neighbor, pleading not for self but for others, and it is that ye may be exalted, that ye may be honored, that ye may be spoken well of, for others; He cannot hear thy petition. Why? Because there has another entered with thee into thy chamber, thy closet, and He thy God - that answers prayer, that FORGIVES through His Son - is shut out. In His name, then, only; for, as He gave, "They that climb up some other way are thieves and robbers."

262-81 5-12-35

... grace of the Christ ... For He hath forgiven thee already. ... For once for all has He entered in that ye are FORGIVEN by Him already.

262-83 6-9-35

Q-3. R.L.: Would the conflict between spirit and flesh cause one to be affected physically, to become tired or even ill?

A-3. Relatively so. As He gave, "For whether is easier to say, thy sins be FORGIVEN thee, or to say, arise and walk?"

Or again when confronted by that which had become as a disease, as a temperament of the body, as the wantonness of the flesh, He said to the woman, "Where are those, thine accusers?" - "No man, Lord." - "Neither do I accuse thee; but sin no more."

What took place then in the experience of those individuals spoken to by Life, Light and Immortality?

262-125 10-13-40

"God be merciful to me, a sinner." Or, as He gave in the prayer, "As I ask FORGIVENESS, so I FORGIVE others," or "With what measure I ask for mercy, for care, for love, for thought, that love and care and consideration I seek to give to others."

281-2 10-16-31

Q-7. Please explain why the Master in many cases FORGAVE sins in healing individuals.

A-7. Sins are of commission and omission. Sins of commission were FORGIVEN, while sins of omission were called to mind - even by the Master.

281-7 6-17-32

Be not faint-hearted because failure seems to be in thy way, or that self falters - but how many times shall I FORGIVE, or ask FORGIVENESS - seven times? Yea, seventy times seven! or, not how I faltered, but did I seek His face again? "Could ye not watch with me one hour?" The man crying out! "Sleep on, now, and take thy rest, for the hour cometh when I shall be even alone." So we find the changes, the weaknesses in the flesh - yet he that seeks shall find, and as oft as ye knock will the answer come. Seek to be one with Him - in body, in mind, in soul!

LONGEVITY
2533-6

M. 37 yrs.

In giving a discourse upon how this entity may extend the life expectancy, with a body-mind activity in keeping with the conditions to which the entity may hope to attain, - to be sure each entity, each soul, is in many respects a law unto itself; especially as related to the activities and the diets that would extend or impel life expectancy.

Thus, that which might be applicable in the experience of the entity as may be indicated here, should NOT be forced upon, or even considered for others; unless their OWN condition is in that state of being parallel with this individual entity.

To be sure, - as indicated in the study by the entity, - those things that have to do with body, mind and activities of a body, are the result in a physical manner from those conditions which existed in the experience of the parents of the entity, as well as in the experience of their parents.

For, as is determined, and as is the fact, there ARE circumstances and conditions which arise in the genealogical reactions that extend, as indicated in the law, "unto the third and the fourth generation."

These, then are tendencies, inclinations as may arise in bodies; provided such bodies are not aware of such or if measures are not taken to correct such weaknesses or tendencies as may be found to be a part of the physical experience of an entity.

Also there are those inclinations, those urges, those experiences, that will be a part of the mental and the spiritual entity, from that the entity did in the earthly sojourns as related to the law pertaining to the moral, spiritual and material aspects of an entity's consciousness.

But as related to this entity, and how this entity may apply in its own individual experience the truth, the law, the knowledge of interpretations of those activities of a physical-material nature, of dietetics and the like.

As we have indicated for the body, there are certain tendencies, certain weaknesses that are present in the body. They are not diseases, - these are rather dis-eases, when certain stresses or strains are brought to bear in the mental, in the spiritual and physical experience of the entity.

Urges arise, then, not only from what one eats but from what one thinks; and from what one does about what one thinks and eats! as well as what one digests mentally and spiritually!

The weaknesses that exist in this particular body are a projection of those conditions which existed in the great grandfather of the entity, in an experience in the earth; and has to do with those elements bearing upon the hormones of the blood force itself. And in the body, (2533), it exhibits itself as a tendency.

To eradicate, to eliminate such from the body, is to be interpreted from that given in the beginning; "Be ye fruitful, multiply, but SUBDUE" the tendencies, the inclinations, "the earth." For, in manifestation in the earth of spiritual and mental forces, it partakes of the earth. And the earth is earthy, as it changes, as it is in constant change.

And that which bespeaks of longevity in a body bespeaks of each cell, each atomic structure, each of the corpuscles being able to reproduce itself WITHOUT those tendencies or inclinations of racial or environmental conditions, but as one purified or cleansed for that continuity of experience within itself.

Knowing these tendencies, these weaknesses, does not then indicate that there are those bugaboos continually before the entity. For, these are left behind when ye do that ye know to do, and leave undone those things ye must or else pay the price of neglect, over-indulgence, gratification for the moment that there may be the satisfying of an appetite or tendency as may exist in the body!

Here we find the necessity for care, for exercise, for constant checking up on the bodily activities; not daily, necessarily, - but we remember that the body-physical alters in its expression continually, and by the end of a cycle of seven years it has entirely replaced that which existed at the beginning of the period seven years ago. Replaced with what? The same old tendencies multiplied, the same old inclinations doubled - or eradicated?

This depends, then, upon those activities as related to the influences or tendencies which exist. For, as may be told by any pathologist, there is no known reason why any individual entity should not live as long as it desires. And there is no death, save in thy consciousness. Because all others have died, ye expect to - and you do! These are a part of thy consciousness, in what? In the mental, in the spiritual, - and the physical reacts to same.

This is the condition that exists, then, with this body; a weakness, a tendency, - not a disease but a dis-ease, - in the hormones of the blood plasm; that tends - with cold, congestion, overacidity, or the improper balance of foods for the plasm's reproduction - to cause in sinew, in bone, a plastic or static condition.

As far as the blood count is concerned, in numbers, in protoplasm cells, or red blood, white blood and the leucocyte, we would find few bodies better balanced than this individual entity.

As to the plasms in the nerve reflexes from brain, and the coordination of the gray and white matter, - only at times do we find these show a variation.

Frustration will at times cause, to this body, a reaction that becomes rather aggravating to the body afterwards. At the moment it is too much disturbed to even know the cause of same, but it blesses itself out, or someone else, after same is passed!

This is a reflex from the hormone supply, the inability to supply in the brain circulation sufficient of the quick activity to the impulses there, under stress.

These are merely tendencies in the body.

As to spiritual tendencies and inclinations, - these may not be given. For, these are choices of the soul itself.

The tendencies as to the ideal are well. As to whether ye keep same, this ye determine in thine own mind. But ideals are not your mind, - ideals are principles acted upon BY the mind. But remember, just as that expectancy - because your great, great, great great grandfather died you will die too - is there, and is part of the expectancy of every cell of your body! It can be eradicated, yes. How? By that constant activity within self of expectancy that this condition does not HAVE to happen to you!

That is as the spirit. And as the spirit builds, as the spirit forms in its activity in mind, the mind becomes then the builder. The mind is not the spirit, it is a companion to the spirit; it builds a pattern. And this is the beginning of how self may raise that expectancy of its period of activity in the earth. And this is the beginning of thy ideal. Of what? Of that the soul should, does, will, can, must, accomplish in this experience!

And by what authority? WHO, WHAT do you put in authority in thy earthly experience? In spirit, then in mind?

As to the manner of eradicating these fluctuations, these confusions, - do not confuse these with that as of a "front," as of a defense. But merely to know that you are right, to know in activity that you are right, has paved the way for self to control ANY situation that may arise, - whether of a mental confusion or of a combination of confusions from the mental and spiritual situations.

Hence again the mental rests upon its conception and choice of its ideal in spirit, and as to Who and What is the authority in same.

As to the physical conditions, that are a part of the pathological effects in the body::

At certain periods have those tests as to acidity, albumin, the balance in chyle activity through the body, as to glandular reactions; and these give then the positive or negative flexes in the body.

Knowing the tendencies, supply in the vital energies that ye call the vitamins, or elements. For, remember, while we give many combinations, there are only four elements in your body, - water, salt, soda and iodine. These are the basic elements, they make all the rest! Each vitamin as a component part of an element is simply a combination of these other influences, given a name mostly for confusion to individuals, by those who would tell you what to do for a price!

In those activities, then, add - in the proper balance - that which will maintain this equilibrium. And if you set your life to be a hundred and twenty, you can live to be a hundred and twenty-one!

Ready for questions

Q-1. Give simple method of reducing the blood pressure of this body to normal.
A-1. It is near to normal now. The simple method is to keep away from fats, and this will keep it near to normal.
Walk in the open early of mornings. This brings better activity of oxygen and ozone as to keep the balance in the blood flow through lungs, heart, liver, kidneys. These are the sources from which either the pressure or repression causes disturbance.

Q-2. How may my eyes be strengthened so as to eliminate the necessity of reading glasses?
A-2. By the head and neck exercise in the open, as ye walk for twenty to thirty minutes each morning. Now, do not undertake it one morning and then say, "It rained and I couldn't get out", or "I've got to go somewhere else", and think there aren't those despot conditions that rebel at not having their morning walk!

Q-3. How may I promote the growth of new hair on my head?
A-3. Eat more shell fish; and rub same with a few coffee grounds occasionally.

Q-4. Is the moderate use of alcohol and tobacco harmful to this body?
A-4. The body must answer that within itself. To be sure, if we would give from the ideal, - these are made to extract from you the satisfying of appetites. The body CAN produce all the alcohol necessary, as well as the nicotine. Both are needed in the body. If you get it in the mind and spirit that it may be supplied, or can be supplied from other sources, to satisfy social or other relationships, then the body pays the price! Your ideal is not altogether one, is it?

Q-5. In going over this body, do you find any other disturbances not corrected?
A-5. We find that as just indicated, - that in the physical, that in the mental and that in the spiritual, as given.

We are through for the present.

681-2
f. 41

Q-1. Is it wise for me to attempt rejuvenation of this body, thereby fitting myself to teach rejuvenation to others?
A-1. Much might be given as respecting the varied ideas that have been and are presented by many as to rejuvenation in the material body. The better manner, to be sure, is the preservation - which is not only as a first law but is the more comely in its application. To be sure, as it has been indicated again and again, there is that within the physical

forces of the body - if it is kept in a constructive way and manner - which may be revivified or rejuvenated and kept in a constructive way and manner. This requires, necessarily, the proper thinking, the proper living, the proper application of those influences in the experience of an entity in its associations with everything about a body.
So, body-building may be applied in this body, as it may in any; that there are those influences in the experience of all which would be applicable to the life - or experience of a life - in the material plane, and that which applied individually from what has been the experience in all of any given entity's development.

Then, it would be well for the entity to so live and so present the body as a living sacrifice, holy, acceptable unto Him, the Giver of all good and perfect gifts; it is but a reasonable service. But we would not set metes or bounds for others as to what they are to do, or are to become; these may only be reasoned with or counseled with, and each must choose for itself. For one that sets self up as an example becomes duty bound, becomes responsible for that which is taught in one's own experience.

Q-2. Is the blood radiation treatment I am now using beneficial to me?
A-2. Insofar as that which is taken as elements is for body and blood building, for it to combine with, very good. But this, too, may be overdone. Better to use the lower vibrations in which life itself finds or takes up urges as of emotion, as of life energy expanding itself and the like.

It is very good in the present

Q-3. Will the radiation treatment rejuvenate facial and general condition, eliminate lines, restore the color to gray hair, etc.?
A-3. In individual conditions, yes. In specifics, no. For this particular body, if this is kept for the time being - until the radial activity of many of those portions of the body have adjusted themselves to the activity of blood and nerve reactions in the system, it would be well. But when it begins to become the impelling rather than the constructive force, it loses its efficacy.

Q-4. What other vibrations in the low form do you refer to?
A-4. It has been given again and again; those that are the lowest form of electrical forces that move as energies from the etheronic forces - or of the lowest form of static, or the electrical creative forces. The Radio-Active Appliance, to the extremities.

Q-5. What other measures may be taken with it to improve my present physical condition?
A-5. The diet. And naturally, of course, the regular exercises; exercises that bring all the muscular and physical reactions into play, that are to be kept with same.

Q-6. What diet should be taken?
A-6. There might be one diet given today and then next week you would have another! That which keeps the spittle or salivary reaction alkaline. That which keeps the blood reaction, by test negative.

That which keeps the urine elininations as a balance at twenty-four (24) without albumin, without sediment, and with an alkaline tendency; but not too great a tendency. That which makes for the proper eliminations and body-building without becoming superfluous flesh, or drainage to same - see? Hence these are to be kept by constructive measures and forces, see?.....

As to the character of the exercise, those are given for the development of the muscular forces of the diaphragm, the lower portion of the lungs or across the sternum to the throat portions; yet if these are developed without regards to the flow from the upper dorsals, through the cervicals to the sensory forces, it is to the detriment of the other portions. There must be kept a body-balance, then. Hence, ionizing of the energies from all the radial forces about the superficial circulation - as may be taken by the activities that come from electrical emanations about self - is helpful. But if these are passed as the equalizing from one extremity to another and then the exercises, so much the better!

The body must see, to be rejuvenated, the body must be kept in a condition of construction; to ever find that the heart, the digestive organs' combination, the elimination and assimilation, the hair, the scalp, the nasal, the eye, the ear, the throat, the bronchi, the lungs, the structural forces of the body work as a unit - or as ONE! And then we may find, and do find, the body building, ever!

Q-8. What can I do for varicose veins, low blood pressure, fallen arches?
A-8. Just the same as given. No better exercises may be taken than the stretching exercise; as rising on toes - and this doesn't mean with shoes on! - on heels, rocking back and forth; stretching the arms upward, the bending exercises, what may be literally termed - and is termed by some - the cat-stretching exercises, which includes, of course, being able - (put very coarsely) - to do the split, be able to put the head on the feet, to put the feet behind the head, to make the head and neck exercises and all of those activities that may be said to be of the feline or cat exercise. To be sure, in the present period, present development, present conditions that exist, must be gone at gently; but be persistent morning and evening, working at it, still not letting it become rote, but purposeful.

Q-10. Shall I plan to teach others how to rejuvenate themselves, combining Mr. Edgar Cayce's readings, Mr. Lawler's blood radiation treatment, and the Ballard principles as well?
A-10. Work it in self first and then may directions be made practical! Much might be said as respecting any of these, as might be had as directions individually. Much might be said as to those as corrective agencies in assisting others to become instructors and teachers in the direction of rejuvenation in the activities of others; but unless this is able to be demonstrated in self, not a very good teacher or instructor can anyone become! Apply it in self! Maintain or see the results or the effects that may be gained by same. Then may more explicit or the explicit directions be given!

* * * * * * *

11/2/43 Comment by 3329's wife: "...He has had headaches for 20 years - nothing has ever reached the cause or eased him - usually they last 3 months, beginning in October; this year started in July and just finished a siege..." (m. 47 yrs.)

E.C.: In analyzing the conditions here, we find that there are many things to be taken into consideration - the activities, the thoughts and the purposes. To most individuals these oft appear to be things apart, but when there is a disturbance of the nature existing here these must all be taken into consideration if there would be real relief for the body.

For, when there are any types of headaches (and they may arise from many sources) there is distress somewhere in the physical being of the body that is the source of the cause of same. One may have a type of headache from a stomach ailment, another may be from poor digestion or poor eliminations; and these apparently cause pressures in varied portions of the head - or the reflex nerves of the brain center itself.

Here we have a type that is sometimes called migraine, or that really means "we don't know the source of same."

In this particular body we find the combination of disturbances. These are more severe when there is an over-anxiety about any emotional influence in the experience (in this body), whether conscious or unconscious, or in those periods when something aggravates the body in its mental activity. These arise, then, from a condition existing in this body bordering on the pancreas, on the activity of the spleen upon the body.

When such conditions occur, the body will find, by the application of the hand on the body that there is a cold area just across the diaphragm, as compared to the rest of the body.

The expression in the nerve reflexes we find associated with certain ganglia in the cerebrospinal system, where the sympathetic nerves and the nerves of the central nervous system coordinate. In this particular body, these occur from the 6th to the 8th dorsal. These, then are the areas where stimulation is needed for the association or coordination, for the relieving of those reflexes, or those pressures that cause reflexes in the brain centers themselves; so as to relieve these tensions in this body.

But the sources of these pressures arise from the conditions in the colon and in the caecum area.

Then, in going about to remove these pressures, - we would have osteopathic treatments and colonic irrigations. Because these conditions have been existent with the body for a long period, there will be required a series of these treatments periodically - if we would keep these coordinations in the areas to prevent the reacting upon reflexes of the nerve forces that cause these disturbances for the body.

Remove these pressures in the colon by high colonic irrigations. Keep these up, though it may bring on a mild attack during the first or second period. Keep these up until all of the mucous is entirely removed, for this is the source of the pressure - in a part of the caecum area. These colonics in the beginning should be given not more than fifteen days apart, until five or six have been given. And these must be scientifically given, not a "slap dab" job. For, these are conditions where special areas in the caecum center are to be purified.

Continue also occasionally to relax and stimulate the centers in the cerebrospinal system that supply nerve energies to the areas through pancreas and the spleen area as it connects with same along the whole alimentary canal, to the areas outlined. These treatments should be given osteopathically or neuropathically, and be given about twice a week until ten or twelve have been given. Then they may be made farther apart. Or go for two or three weeks without any, and then have another series.

Do these and we should stimulate the activity to refrain from these headaches. For, we will not only remove the causes but we will supply energies from the body to replace these with normal reactions.

Of course, foods have their effect. Keep away from too much sweets, or mixed fruits or candies - for this body.

In the activities mentally, keep optimistic - even when everything goes wrong.

Do that.

Ready for questions.

Q-1. Should this treatment be started right away?
A-1. We would start the treatment in the early spring season, - as in March and April. Remember, we all move by cycles, you see.

Q-2. Does each body have its individual cycle?
A-2. Each body has its individual cycle and vibration.

Do these, and we are going to find we will remove causes and have relief.

We are through with this reading.

Two copies to Self (One for the osteopath and physiotherapist.)
Copy to Ass'n file

* * * * *

MIND, the Builder
1206-13
f. 16 yrs.

Mr. C: Yes, we have the body here, /1206/; this we have had before.

Here we find developments good. There are improvements in the coordination between mental and physical reactions. There ARE awakenings in the spiritual to mental and material possibilities, probabilities. There are those physical reactions from same.

We do not find organic or even functional disorders. There are tendencies for a better equilibrium throughout.

Ready for questions.

Q-1. How can I increase my vitality and energy?
A-1. By using that which exists in the physical forces of the body.

Here, in these periods of physical development, come those tendencies to dream, to react to WAITING responses.

Now, set thyself to be the control, through thy mental self (for mind is the builder), and budget thy time - for physical development, physical relaxation, physical improvement, mental relaxation, mental taxation, mental improvements and mental developments. And let the basic forces ever be prompted by thy spiritual ideals. And keep true to that budget ye set for thyself. So much time for this, for that. And this will bring a consistent reaction, yet may not become rote. For, as the budget is set, make thy daily activities coordinate in thy daily life. Not only will the vitality and energy improve, but there will be much more FULLNESS in the life experience.

Q-2. What causes dark circles under eyes? How correct?
A-2. These as we find come from the activities in the adrenals. They are not as functioning nor as organic disturbances, but the activities that need only to be controlled by those influences that will come from certain times to do this, to do that, and to give sufficient body-movement, bodily exercise, bodily relaxation, bodily development; in the mental as well as in the general relaxations. And sit a little more erect, oft.

Q-3. Please specify what I can do to improve my thinking capacity.
A-3. Study that as just given. Exercise of the body brings strength and resistance. Exercise of mental activity brings resistances, growth and expansion.

Hence set self to attain to certain portions of thy mental activity. And this will bring broadening of vision, broadening of interests. For, remember, the ability to attain to good companionship is to be capable of being interested in and to acquaint self with all phases of experiences of those with whom ye come in contact. This gives vision, this gives freedom, and yet knowledge. And with those activities and interests, with such an application of self, comes wisdom as to how to apply knowledge.

Many individuals have knowledge and little wisdom. Many have wisdom without knowledge. But as has been indicated for body, mind and soul, - these coordinated, the body may build that purpose for which it chose to enter this experience.

Know, as in thy studies, in thy associations, ye came - ye come daily - not by chance, but for a purpose; and thy experiences are as but opportunities.

But what is thy purpose in thy experience? That ye yourself, your ego, may be merely satisfied or gratified? Or is it that ye may gratify appetites or desires of thy body? Or, are ye a channel through which the Creative Forces, God, Love, may be manifested in the earth through the gift of the Son in the flesh? that ye, in thy flesh, in thy body, may be a glorifying of those ideals? That is the purpose of each soul.

Then, as ye apply, as ye mete out, - remember, there are laws that are unchangeable. Friendships beget friendships, love begets love. Making self beautiful is to be beautiful in the lives of others, not in self but of others. For, the basic principle of that love manifested by the Son was ever, "Others, Lord, others."

Q-4. How can I attain a better memory?
A-4. Read all of that which has been idicated, and know - as ye apply, as ye ask, as ye manifest, as ye recall - more and more is recalled to thee. This is memory. For, know the basic principle comes in Him as He has given, "I will bring ALL things to thy memory from the foundation of the world."

Do not think, then, that the mind of any active individual may ever be such as to be overburdened with memories, but make them ever a helpful influence.

To be sure, many individuals have set rules as to how courses in memory are set by associations. But most of these, or many, have been only for material gains.

Thy life is not set as one for purely the material things. For, know, the earth and all therein is the Lord's. The silver, the gold, the cattle on a thousand hills are His. He knows thy needs, but thou must CHOOSE as to what ye will do with the talents He hath given thee.

As ye apply, as ye make use of that in hand, more is given thee. For, day unto day is sufficient, if use is made thereof; not to self, not to self alone. Not that self is not to be considered, but losing self in good is the better way to FIND self.

What is good? How is such defined in thy life - of awakening to all the possibilities that exist in thy intake of life and its phases? To do good is to think constructively, to think creatively. What is creative, what is constructive, ye may ask? That which never hinders, which never makes for the bringing of any harm to others.

These bring then the memories, the ability to recall. For, remember, as He hath given, "If ye love me ye will keep my commandments. My commandments are not grievous - and I will come and abide - NOW." Ye recall, too, that without Him there was not ANYTHING made that was made.

Then that companionship in mind, in spirit, of all that is creative, brings that necessary, that constant opportunity then that is the most beautiful of all. And these are thy possibilities, these are thy opportunities. For, as has been indicated oft in thy experiences in the earth, the beauty of the Lord, the beauty of love, the beauty of grace, the beauty of that which would bring joy, hope, love in the lives of others, by the little things, has been a part

of thee. Not by some great deed to be accomplished. For thy smile can make the whole day GLAD for many.

Q-5. What can I do to improve skin condition of face and back, and of scalp and hair?
A-5. At least once a week, after a good, thorough workout of body in exercise - following the bath afterward, massage the back, the face, the body, the limbs with Pure Peanut Oil. Then this will add to the beauty. And know, if ye would take each day, through thy experience, two almonds, ye will never have skin blemishes, ye will never be tempted even in body toward cancer not towards those things that make blemishes in the body-forces themselves. And the oil rubs once a week, ye will never have rheumatism nor those concurrent conditions from stalemate in liver and kidney activities.

Q-6. How improve scalp and hair?
A-6. A little White Vaseline occasionally massaged into the scalp after a plain shampoo is better manner for keeping scalp. To be sure, if there are periods when there seems to be tendencies for scaly portions or roughness in scalp, for four or five days take a drop or two of Atomidine and then leave off. For these will disappear - if the other exercises and massages are taken.

Q-7. Shall I begin again One-A-Day Tablets?
A-7. Begin these about the middle of December. Keep them until the middle of March.

Q-8. Adiron?
A-8. We ould not take these so oft - unless there comes cold or congestion from exposure, or from overeating or undereating - then we would take them for a period to gain strength. We can overdo as well as underdo. The exercises, the rubs, will do much to supply foods for body, for mind, and foods for the whole energizing of the life experience - if consistently applied.

In budgeting thy time, do not set thyself to activities spasmodically - for body improvement in ANY respect, or periodically; but rather systematically. Ye would learn, then, not to become a slave to custom. Ye do not become a slave to smiling, not to loving, nor to being a friend, nor to thinking good. These become a part of thy whole being.

So in thy budgeting, let the activities be consistent and persistent; and so with the use of foods or stimulants to the body. Use when NEEDED, but don't overdo and do not become a slave to habit.

Q-9. Jerusalem artichoke?
A-9. These properties as we find are a part of the needs in the body's experience. But, as indicated, take these just occasionally, through their proper seasons, and these will be found to be supplying needs to keep a normal balance.

Q-10. Any other remedies?
A-10. As we find, keep those activities consistently, and the little of remedies will be needed.

Q-11. Do you advise any corrections in diet?
A-11. We do not find faults in same in the present.

Q-12. Have you suggestions for better regulated school and home life?
A-12. Very good suggestions have been made as to activities to be supplied, or applied. Write them down. As indicated, do not become a slave to routine, but ye need a little more routine in home and in school. But let these come as the natural things in thy experience.

Q-13. Any other helpful suggestions?
A-13. Do not leave from thy budgeting of time thy periods of prayer or meditation. Let thy meditations oft be, in thy own words or in thy manner; meaning them, not as rote - but LIVE them as a part of thee: "LORD, THOU ART HOLLY! KEEP THOU ME HOLY IN MY LIFE, IN MY ASSOCIATIONS WITH MY ASSOCIATES, WITH MY HOME, WITH MY FRIENDS, WITH MY ENEMIES: THAT I MAY BE DAILY A CHANNEL OF BLESSING TO SOMEONE, IN AN APPRECIATION OF THY LOVE THOU HAST SHOWN THROUGH THY SON, JESUS THE CHRIST."

We are through with this reading.

10/20/30 for a chiropractor: 389-1

In the body-mental there are some conflicting influences, as have most to do with material affairs - yet kept in that attitude of helpfulness first, these may be so handled, so manipulated, as to keep that same purposefulness as is the criterion for that profession that the body represents, "KEEP SMILING".

In this attitude should the body ever keep self, in that at-onement, that attunement, so that those material things - as become manifestations of that thought in the mental body - are directed by that same spiritual force as makes for continued creative energy, and constructive in its every action. For that builded, that held in the mental image of one, becomes the conditions - when they (that held) become material, or crystallized into material things. The spirit is willing, the flesh is weak. Be not carnal minded. Condescend not to men of high estate. Know in whom thou hast believed, knowing He is able to keep that committed unto Him against every condition that may present itself in the experience, whether of the material things a part, of the mental worries and undertakings, ever constructive, ever will be that motive force within the life as makes for that which brings people to a closer knowledge of the indwelling through the spirit of the kingdom within. For, as has been given, many shall come from the east and the west to sit down in that kingdom. What wilt thou prepare as the feast for those patriarchs of old? What wouldst thou prepare for thine Master? When the door is shut from within, and thou takest counsel of thine own heart, thine own purposes, thine own desires, will this - this meditation - be acceptable even in thine own sight? Will they be the gifts as thou wouldst have presented for the labors expended? Would thou be satisfied with that as thou presentest in that kingdom?

So conduct, then, thine own self in meditation, so direct thine actions in and out before men, that thou wouldst have done to thee that do to the other fellow...

(EC's reading 9/16/42 for man 45 yrs.)

As we find, there are conditions which disturb the body. These arise from poor eliminations, a bad digestion at times, and primarily from a disturbance that has been of long standing and that now, as it were, is requiring toll of the body.

These are the conditions as we find them:

In times back there was a disturbance in the caecum area. Adhesions have formed there, and these produce poisons or toxic forces in the body, through the effect of this slowing up of the conditions; so that we have neuritic and arthritic tendencies in the body.

Hence the stiffness that occurs through hands and arms and portions of the body, the upset stomach at times and nausea. All of these are taking toll of those disturbances that arise in the body.

First, in the beginning, we would take each morning before breakfast a heaping teaspoonful of Eno Salts in a glass of water—for ten days.

Then leave it off for a week, and begin with taking, each morning before any meal is taken, half a teaspoonful of Fletcher's Castoria, - this with at least two glasses of water. Take this for five days.

After the last day of taking the Castoria, take two heaping teaspoonfuls of the Eno Salts.

Begin then (not before) with applying the Castor Oil Packs for an hour each day over the gall duct and caecum area. Do this for three days straight running, for an hour each day. Put these on as warm as the body can well stand. Have at least three thicknesses of flannel and saturate same, not merely pour it on but saturate the cloth with the hot Castor Oil.

After the Packs have been used for three days, take internally two tablespoonfuls of Peanut Oil.

Throughout the period be mindful as to the diet. Keep away from hog meats.

Fish, fowl and lamb may be taken, but none of these fried.

Eat plenty of corn bread, beans, cabbage, all leafy vegetables, but not cooked in or with meat. Rather cook the vegetables in plain water, with a little butter or seasoning put on after being cooked, see?

Be mindful that not too much coffee or tea is taken.

Take at least a glassful of milk each day, preferably at the evening meal. Even if this is warm (not hot but warm), so as to dissolve half a teaspoonful of honey in same, it would be all the better.

After these treatments have been taken for cleansing the system, have about two or three—not necessarily more—thorough osteopathic treatments.

And we will find there will be better conditions for this body.

Be mindful of the diet for a LONG period, - at least six months to a year to two years; and the body will improve and keep better through the period.

Ready for questions.

Q-1. What was the original cause of the adhesions?
A-1. A form of appendicitis.

Q-2. Any other suggestions for the body at this time?
A-2. Do these, and be consistent.

We are through for the present.

(EC's reading 12/9/42 for woman 61 years.)

As we find, there are acute disturbances that have arisen, partially, from the old trouble in the liver and gall duct, and partially from cold and congestion.

Hence there are those pains across the small of the back and through the colon area, or lower abdomen.

There needs to be the setting up of systematic eliminations. These will relieve those tensions, or the neuritic reactions that are existent in the present. These are the variations from those disturbances, and may be considered as an outgrowth of same.

In the present we would find a saline preferable, - either the Eno Salts taken regularly for five or six days, small quantity, or even Sal Hepatica, or Upjohn's Citrocarbonate. The Sal Hepatica will be more straining. The Eno Salts will take a little longer but be less exhausting to the body as it tries to exercise or use itself. The Citrocarbonate taken after same will correct much of the recurrent effects, or prevent recurrent effects, and cause greater alkalinity for the body--when these are complete.

Do that in the present.

If there is the continuation of acute pain, apply the Oil Pack over the abdomen and the Salts Pack over the lower portion of the spine.

Ready for questions.

Q-1. Pain in forearm, especially right; swelling in thumb of left hand?
A-1. Neuritic, as we have just given.

Q-2. Should I have pivot teeth, upper lateral incision on left, extracted?
A-2. These are partially contributory causes, but with the purifying of the system we may relieve this tension through the teeth and gums. We would do this beforehand, see.

Q-3. Why is there a sore spot on lower gum since having lower central incisor extracted?
A-3. This is acidity of the system, and these will come and go according to the eliminations set up, for they are the effect of poisons being circulated through the system.

Touch same with Spirits of Camphor,- this will aid in relieving same--until eliminations are sufficient.

Do these.

We are through for the present.

8/25/33 Group #1 sought logical, basic statements for presenting fundamental truths re. ONENESS to students of EC work:

262-52

Mr. C: Yes. In giving that which may be given out as basic truth, and correlating the statements that have been made from time to time, it would have been better to have gathered from that given the basis for expansion through these channels.

Yet, we may give that which may be the basis of the foundation of truth that may be gathered here and there.

As to the correlation and the setting out of paragraphs, at least you should do something!

The basis, then: "Know, O Israel, Know, O People, the Lord Thy God is One!

From this premise we would reason, that: In the manifestation of all power, force, motion, vibration, that which impels, that which detracts, is in its essence of one force, one source, in its elemental form. As to what has been done or accomplished by or through the activity of entities that have been delegated powers in activity is another story.

As to the one source or one force, then, are the questions presented in the present.

God, the first cause, the first principle, the first movement, IS! That's the beginning! That is, that was, that ever shall be!

The following of those sources, forces, activities that are in accord with the Creative Force or first cause - its laws, then - is to be one with the source, or equal with yet separate from that first cause.

When, then, may man - as an element, an entity, a separate being manifested in material life and form - be aware or conscious of the moving of that first cause within his own environ?

Or, taking man in his present position or consciousness, how or when may he be aware of that first cause moving within his realm of consciousness?

In the beginning there was the force of attraction and the force that repelled. Hence, in man's consciousness he becomes aware of what is known as the atomic or cellular form of movement about which there becomes nebulous activity. And this is the lowest form (as man would designate) that's in active forces in his experience. Yet this very movement that separates the forces in atomic influence is the first cause, or the manifestation of that called God in the material plane!

Then, as it gathers of positive-negative forces in their activity, whether it be of one element or realm or another, it becomes magnified in its force or sources through the universe.

Hence we find worlds, suns, stars, nebulae, and whole solar systems, moving from a first cause.

When this first cause comes into man's experience in the present realm he becomes confused, in that he appears to have an influence upon this force or power in directing same. Certainly! Much, though, in the manner as the reflection of light in a mirror. For, it is only reflected force that man may have upon those forces that show themselves in the activities, in whatever realm into which man may be delving in the moment - whether of the nebulae, the gaseous, or the elements that have gathered together in their activity throughout that man has chosen to call time or space. And becomes, in its very movement, of that of which the first cause takes thought in a finite existence or consciousness.

Hence, as man applies himself - or uses that of which he becomes conscious in the realm of activity, and gives or places the credit (as would be called) in man's consciousness in the correct sphere or realm he becomes conscious of that union of force with the infinite with the finite force.

Hence, in the fruits of that - as is given oft, as the fruits of the spirit -

does man become aware of the infinite penetrating, or inter-penetrating the activities of all forces of matter, or that which is a manifestation of the realm of the infinite into the finite - and the finite becomes conscious of same.

As to the application of these as truths, then:

It may be said that, as the man makes in self - through the ability given for man in his activity in a material plane - the will one with the laws of creative influence, we begin with:

"Like begets like - As he sows, so shall he reap - as the man thinketh in the heart, so is he."

These are all but trite sayings to most of us, even the thinking man; but should the mind of an individual (the finite mind) turn within his own being for the law pertaining to these trite sayings, until the understanding arises, then there is the consciousness in the finite of the infinite moving upon and in the inner self.

So does life in all its force begin in the earth. The moving of the infinite upon the negative force of the finite in the material, or to become a manifested force.

Ready for questions

Q-1. Explain how so called good and evil forces are one.

A-1. This has just been explained. When there is delegated power to a body that has separated itself from the spirit (or coming from the unseen into the seen, or from the unconscious into the physical consciousness, or from God's other door - or opening from the infinite to the finite), then the activity is life; with the will of the source of that which has come into being. As to what it does with or about its associations of itself to the source of its activity, as to how far it may go afield, depends upon how high it has attained in its ability to throw off both negative and positive forces.

Hence we say, "The higher he flies the harder the fall." It's true!

Then, that which has been separated into the influence to become a body, whether celestial, terrestrial, or plain clay manifested into activity as man, becomes good or bad. The results to the body so acting are dependent and independent (inter- between, see) upon what he does with the knowledge of - or that source of - activity.

Q-2. In relation to the Oneness of all force, explain the popular concept of the Devil, seemingly substantiated in the Bible by many passages of scripture.

A-2. In the beginning, celestial beings. We have first the Son, then the other sons or celestial beings that are given their force and power.

Hence that force which rebelled in the unseen forces (or in spirit), that came into activity, was that influence which has been called Satan, the Devil, the Serpent; they are One. That of <u>rebellion</u>!

Hence, when man in any activity rebells against the influence of good he harkens to the influence of evil rather than the influence of good.

Hence, will is given to man as he comes into this manifested form that we see in material forces, for the choice. As given, "There is set before thee (man) good and evil."

Evil is rebellion. Good is the Son of Life, of Light, of Truth; and the Son of Life, of Truth, came into physical being to demonstrate and show and lead the way for man's ascent to the power of good over evil in a material world.

As there is, then, a personal savior, there is the personal devil.

We are through.

(11/3/24 questions asked by young man 29 years old)

GC: You will have before you questions relating to conditions in life, and an understanding of the future and past existences. You will answer these questions, as I ask them to you, in a definite, concise and understandable manner, illustrating what is meant in each. Such questions as should not be answered through these forces, you will say, "Not given from here."

EC: Yes, we have the conditions relating to life, past, present and future.

Q-1. When a soul, by reason of wrong development, banishes itself from its Maker, does that mean that it may never return or find its Maker?
A-1. Banished means separated, cast out, and in such conditions has lost its relation to the first cause and is only exemplified, manifested, shown, or has its being, in those relations in the developing, retarding, or existences, of other souls.

Q-2. As created by God in the first, are souls perfect, and if so, why any need of development?
A-2. In this we find only the answer in this: The evolution of life as may be understood by the finite mind. In the first cause, of principle, all is perfect. In the creation of soul, we find the portion may become a living soul and equal with the Creator. To reach that position, when separated, must pass through all stages of development, that it may be one with the Creator. As we have in this:

Man. In the beginning, we find the spirit existent in all living force. When such force becomes inanimate in finite forces it is called dead; not necessarily losing its usefulness, either to Creator, or created, in material world. In that of creation of man, we find all the elements in a living, moving, world, or an element in itself; yet without that experience as of a first cause, yet endowed with all the various modifications of elements or forces manifested in each. For first there is the spirit, then soul (man we are speaking of), then mind with its various modifications and with its various incentives, with its various ramifications, if you please, and the will the balance in the force that may make all or lose all.

In the developing, then, that the man may be one with the Father, necessary that the soul pass, with its companion the will, through all the various stages of development, until the will is lost in Him and he becomes one with the Father.

The illustration of this we find in the man called Jesus. This man, as man, makes the will the will of the Father, then becoming one with the Father and the model for man.

Q-3. Does the soul choose the planet to which it goes after each incarnation? If not, what force does?
A-3. In the Creation we find all force relative one with the other, and in the earth's plane that of the flesh. In the developing from plane to plane becomes the ramification, or the condition of the will merited in its existence finding itself through eons of time.

The illustration, or manifestation in this, we find again in the man called Jesus:

When the soul reached that development in which it reached earth's plane, it became in the flesh the model, as it had reached through the developments in those spheres, or planets, known in the earth's plane, obtaining then One in All.

As in Mercury pertaining of Mind.
In Mars of Madness.
In Earth as of Flesh.
In Venus as Love.
In Jupiter as Strength.
In Saturn as the beginning of earthly woes, that to which all insufficient matter is cast for the beginning.
In that of Uranus as of the Psychic.
In that of Neptune as of Mystic.
In Septimus as of Consciousness.
In Arcturus as of the developing.

As to various constellations, and of groups, only those ramifications of the various existences experienced in the various conditions.

Q-4. What is meant by the borderland as referred to in a reading?
A-4. That condition that the living experience with the soul, the mental faculties, the desire, the consciousness of the various phases of each laid aside and the soul, with its companion, the subconscious, peeps into the interlay between the spirit and soul, or superconscious, or that existence which lies in that space where the impressions of disincarnate spirits, with their soul, communicate with such earthly conditions as illustrated in this:

When the physical body lies in slumber, we find the organs that are subjugated, the life-giving flow and the subconscious forces acting, and the soul forces ready for that communication with intermingling conditions lying between.

Again, as in the present sphere, in this body lying here (E. C.), we find all life in suspension, only portions of the higher vibrations in accord with those vibrations that communicate with the universal forces.

Q-5. What is meant by destiny?
A-5. In the Creation, we find each given condition has its condition and its attributes, with its law. The end of any law is destiny, which may be variegated, changed, by the various modifications, with the meeting of other laws, which does not change the destiny of a law or force. Just as is illustrated in a common condition: A stick placed in water appears bent. In fact it is straight.

Q-6. Name the planets in order of the soul's development and give the principal influence of each.
A-6. These have been given. Their influences, their developments may be changed from time to time, according to the individual's will forces, speaking from human viewpoint. This we find again illustrated in this:

This man called Jesus we find at a Oneness with the Father, the Creator, passing through all the various stages of development; in mental perfect, in wrath perfect, in flesh made perfect, in love become perfect, in death become perfect, in psychic become perfect, in mystic become perfect, in consciousness become perfect, in the greater ruling forces becoming perfect. Thus He is as the model, and through the compliance with such laws made perfect, destiny, the predestined, the forethought, the will, made perfect, the condition made perfect, He is an example for man, and only as a man, for He lived only as man, He died as man. 900-10

(f. 34, born 12/10/09 in Los Angeles, Calif.)

Each entity is a part of the universal whole. All knowledge, all understanding that has been a part of the entity's consciousness, then is a part of the entity's experience.

Thus the unfoldment in the present is merely becoming aware of that experience through which the entity, - either in body or in mind - has passed in a consciousness.

Hence there are two phases, or two means of expression from which urges arise in the experience of the entity. There is the form of consciousness attained when absent from the body, whether in normal sleep or in that sleep called death (in the earth plane). Then there is the consciousness to the soul-entity.

For, the entity finds itself body-physical, body-mind, body-soul. The body-soul is a citizen of that realm we call heaven, as much as the body-physical is a citizen of the land we call home.

These are the forms or the premises, then, through which influences arise.

Then there are the sojourns in other realms of the solar system which represent certain attributes. Not that ye maintain a physical earth-body in Mercury, Venus, Jupiter, Uranus or Saturn; but there is an awareness or a consciousness in those realms when absent from the body, and the response to the position those planets occupy in this solar system.

Not that the sun that is the center of this solar system is all there is. For the entity has attained to that realm even of Arcturus, or that center from which there may be the entrance into other realms of consciousness. And the entity has chosen in itself to return to the earth for a definite mission.

Thus ye oft find in thy experiences that places, peoples, things and conditions are a part of self as if ye were in the consciousness of same.

For, as is a part of the entity's experience, a light - as the sun - gives off rays that respond to those elements seen and unseen in the earth.

Thus the heat, the radial activity is given off in the earth, and brings a universal consciousness to what is called nature. Yet that nature is a part of thine own personal experience.

So, all of those realms - as in Mercury, Venus, Jupiter, Saturn, Uranus, - have their realms of consciousness also. As to how great the influence is depends upon the individual, for none surpass the will of the individual entity - the birthright of each soul. For, the soul is that child of the universal consciousness ye call God, and is made aware of same by the application of laws pertaining to same in the own self.

Thus the knowledge, the understanding, the interpretation of life, lies within thine own self, as ye apply same in thy activity.

Just as ye find in the physical realm an activity within self that, coordinated with thy mate, may create a channel for a being within self with a physical, a mental, and a soul body.

Thus ye take hold of the thought of God, of the Christ Consciousness of the Way, it may be just as active and just as pregnant with life itself as may a body within thine own body.

These should be thy studies. For, having attained in the physical realm as well as in the mental consciousness the awareness of these, ye may set about to find that application of self in the relationships to thy companions.

For, as the Teacher of teachers has given, he that is the greatest in the earth is he that ministers the most to others.

Great indeed are they that build in the consciousness of each soul they meet, - greater than they that build a city, or that make some deed called great in the eyes of material minded individuals.

.....

In the astrological influences, then, that find activities in thine own consciousness of mind, we find:

Mercury - high minded; a thinker; deep.

Venus - love in nature - love of nature - an appreciation of the beautiful. These are the manners in which these approach the entity, rather than a physical consciousness. The beauty is rather of the universal in nature.

In Jupiter we find the abilities of the entity to maintain or impress its comprehension or understanding upon the universal consciousness, or thus the associations of the entity are in the realm of the Jupiterian or the universal consciousness.

We find in Saturn the influences that to man, and oft to self, become stumbling stones or blockings of ways in which all the beautiful thoughts, all the good intentions come tumbling because of material or social hindrances. These should be used as steppong stones. For in patience ye become aware of thine own soul, and thy own abilities. Think not that He in the flesh found not stumbling in the mind and in the experience of each of those He chose, even as His representatives in the earth.

As each of the twelve Apostles represented major centers or regions or realms through which consciousness became aware in the body of the earth itself, so did He find - as in thine own self ye find - those twelve stumbling stones, those twelve things that oft not only disgust but disappoint thee - as to the reaction and way people and things react. These are the price of flesh, of material consciousness, and are only passing. Know deep within self that these, too, must pass away, but the beauty, the love, the hope, the faith, remains ever.

The influence from Uranus brings the extremes, or the periods when ye are very hopeful and periods when ye feel very pessimistic. At other periods the optimism is quite enlightening and quite given to create courage in the minds of others. And thy pessimism may be just as depressing. Keep that in mind!

As to the appearances in the earth - these find lodgment or manners of expression in the ways in which the physical consciousness responds to things, to people, to conditions.

(f. born 7/1/86 in Chicago, Ill.)

Mr. C: Yes. We have the records as made here by the entity, now known as or called /1037/ and those relations with the universe and universal forces, that may be manifested in the experience of the entity in the present.

In giving that as may be helpful to this entity in the present, know that the records that are made by an entity in its activities in the earth are the reflection of that the entity has done about its knowledge, its understanding of Creative Forces in the relations of self to the fellow man.

About the entity we find much that may be indicative of those influences in the earth that are as the appearances. These, as we find, bespeak of associations with heraldry, banners, swords, stays and the like; the shield with the bow, the coloring and the reflection of green fields and woods. And the clash that is made in resistances of individuals as to purposefulness, force, power, might of main, becomes associated with the entity.

From those experiences we find that omens arise. Not that they influence, but create by their vibration an element through which the mental and the spiritual forces of the entity may vibrate for constructive experience in their activity.

The pearl and the moonstone, these in combination or in their setting alone, are well to have about the body.

As to flowers--the pansy, in its reproduction of its vibrations from the earth, is active in such manners as to become centralizing for the entity in its meditation.

The astrological aspects, too, are as influences; yet these are dependent upon what the entity does about their relationships with the entity's activity.

Still, there may be innate those influences from sojourns of the entity in those environs that may be builded as a helpful influence in the experience.

Then, the influence from Mercury in this entity's experience we find making for rather the enquiring mind, the delving into the varied activities of others and their experiences with same--as to what their delving produced as mental reactions. And the entity in itself tends to draw conclusions from experiences of others. Not that the entity shuns its responsibility in such, but draws upon those influences that have been in the experience of others as well as how they may weigh with self's own experience.

From Mars also we find a benevolent influence, so that in the entity's experience it may be found that oft upon the activities of others in disputes, in wrath, in anger, there may come from the entity's own attitude--as to its mental influences--conditions and experiences even in the material world that are beneficent influences in the entity's activity.

In Jupiter we find a widening, a broadening influence; so that things pertaining to travel, to people of other lands, to things of other ages and other climes, make for that upon which the entity may dwell; and which also may be used as a stepping-stone for understandings.

From Venus we find both a benevolent and a cross influence. And these through experiences in the earth, dependent upon the manner in which the entity uses its opportunities in relations to each, may become stumblingblocks or steppingstones; dependent upon whom and in whom the trust is made in the innate influences in self through such experiences. Yet it makes for a hopefulness. While there are periods of pessimism, the optimism is the greater in the experiences that may arise in its relationships with its fellow man.

Then, look upon every association that the entity may have with those through whom others may be aided as an opportunity of being a channel of expression for that in which the entity has given its experiences in the earth as a manner of showing forth His love. Thus may these be turned into great blessing to the entity.

Too, there may be made that which will make for growing friendships, and a better understanding of those that are the closer in their relationships to the body in the material world.

(m. 45, born 4/22/93 in Mobile, Ala.) 1745-1 (L-1)

Being absent from the material body is manifested in what we call astrological aspects, that become a phase of each and every soul and are signposts along the individual way.

For as indicated by the very date [of birth], the hour, the place, the experience - all of these are a part of thy heritage, thy innate urge - that arises from and produces influences in the material experience in the present.

Q-8. Give exact minute of physical birth, 2/11/11, to enable the entity to ask for explanation of astrological laws governing entity.

A-8. This, as we find, as the record has been made of same, is near right - to the second; and while at the entrance of the entity into the earth's plane and spiritual and physical birth varied little, there was the physical under one sign and the spiritual under another! Hence the doubts that often arise, from an astrological view.

(m. 35 yrs.) 826-8 (L-5)

Q-1. What was the exact hour and minute of my soul birth on a farm near Pattonsburg, Mo., on March 2, 1901?
A-1. Eleven P.M. Central time as would be termed, on March 2, 1901, for this experience was two hours, lacking a few minutes, after the physical birth.

Q-14. Have I had an incarnation on the planet Jupiter?
A-14. In that environ, yes.

Q-15. Is it possible to secure a reading regarding conditions and my sojourn, if any, on that planet?
A-15. If you can understand Jupiterian environs and languages, yes.

(EC's rdg. 8/31/33 for f. 3 whose mother, a professional astrologist, saw in the child's chart danger of death in early childhood.)

Mrs. C: You will have before you the body of 398-1 L-1, born June 28, 1930, at 8:35 P.M., in Atlanta, Ga., and the information given for her through these channels on the morning of December 13, 1932; also the unfavorable astrological influences that appear to be in the experience of the entity during the coming month of September, 1933. You will give for the mother of this body any information that may be of help in averting such adverse conditions, if it be best for the entity now known as /398/ for these to be averted. You will also give any other information that may be of help in developing the abilities of this entity in the channel for the most spiritual development.

Mr. C: Yes, we have the body, /398/, especially in reference to those adverse influences that appear imminent in the experience of the entity in the near future; as well as that which has been builded by the entity in its sojourns through the spheres of activity where there is such a gathering of influences as to become active in a body-entity.

In giving that which may be understandable, and that which may be helpful from the material angle at this time, as we find, it would be well that all consider the varying aspects from that considered an astrological influence.

As we have given through these channels, astrological influences are effective in the experience of each and every entity. However, when the activities of a soul-entity have been such as to cause or to form the appearance of the entity in a particular sphere of activity, the position of the sojourn of the entity to the earth has the greater influence than just the adverse or benevolent positions of the planet or of a whole solar system upon the entity's activity!

Is this understood? (Pause) You should answer!

Mrs. C: I don't quite understand.

Mr. C: (continuing) Then, it is as this: When the activities of an entity, a soul in the earth, have been such that its passage from the earth would become a birth into the realm of matter known as Mars, Venus, Jupiter, Uranus, Neptune, Moon, Mercury, Polaris, or any of these that are effective in the universal influence, you see, the sojourn there and the position of the planets are more effective than the influence brought to bear because of a position in a certain place or portion of the universal forces. See?

Hence, as we find, these conditions are only as urges; or, as may be termed from some reasons or seasons of thought, the planetary influences from their positions are either benevolent, adverse or inter-between these activities - one drawing upon another; but the entity's sojourn IN those environs makes the impulse for the mental activity, rather than the position of these!

Do we gather the variation?

Hence, for this particular entity at this time, as we find, there will be those conditions in which there will be seen adverse influences in the activity of the entity as related to the material sojourn of the body; but these will be rather in the form of mental DEMONSTRATIONS within the activity of the body, than

than purely mechanical-physical or physical-mechanical -- whichever you would choose to term it!

Then, they will be impulses - and may be seen in the entity's experience particularly through this period, beginning with the fifth (5th) of September to the eighth or tenth (8th or 10th) of October, this present year.

As to what is to be done respecting such conditions, it would be well that all precautions known in the activity of the earth be taken (as particular attention to the activities of the body, and the hygienic influences in the experiences of the body to avert an adverse influence in the health of the body itself. See?

Why? The question may be asked, why the mental hygiene, why the physical hygiene, particularly?

Because of those influences of the mental nature that would cause the body to be attracted to the character of influences that would be detrimental to the physical welfare or sojourn in the earth during that particular period!

It would be the same way that one might feel (this aside, of course) within self when awakening from a sleep, or from a reverie, or from some mental urge to do or see or know something pertaining to something that apparently has nothing to do with the activities of the body-physical; as the mental desires to know of certain forces, forms, elements, or activities of elements, at that particular or immediate time. See?

Hence the same is active in this particular experience at this time of this body we are speaking of,/398/.

Then, as to how the mother may in the present avert any adverse conditions and bring about the better development of the body-mind, the soul, the spiritual influences within the body that is dependent upon the activities of the mother (in the earth) at the present experience!

So ascertain the mental capacities and activities of the child, during this particular adverse period, that there may be the proper training, instruction, direction, enlightenment, on those subjects, experiences and activities (regarding which we gave warning through these channels) in the developing body, through its formative years, in the material aspects at the present time.

With this parallelling within the experience of the mother so training, directing, instructing the mental activities of the child, as to use even those adverse influences as stepping-stones for the understanding, there may come those mental activities in the direction of the musical influences - or the intonations that are necessary for the developments in this field - that may make for the assurance (without any, what may be termed, accidental conditions) of the growth of the body to mature adulthood in this experience; with a period of activity that will not only be for development of the body itself but for the development of those whom the body may contact throughout the experience.

Ready for questions.

Copy to Mother
" " File

We are through for the present.

(See parallel Suppl. under AKASHIC RECORDS)

PLANETARY Influences and Sojourns

2144-1, born 11:55 P.M. 7/3/1898, Buffalo, N. Y. 2144-1

In giving the interpretations of the records as we find them here, these are chosen with the desire and purpose that this be a helpful experience for the entity.

Hence, with the analytical mind of the entity, it is well that the premise, at least, from which this is taken, be indicated.

But know, for the information to be helpful, it is to respond to something within, and to be acted upon.

The records are upon time and space, which are manifestations of that influence or force we call God. They are both old and ever new. But only in patience does the finite mind become aware of the VALUE of same upon the infinite, or the spiritual self.

Thus the records are taken from this skein of time and space. Hence, as an entity enters and leaves consciousness in materiality, there is left upon time and space that which has been the activity, - thus there may be the interpreting of same.

There are influences, urges latent and manifested in the entity; the entity being body, mind, soul, that which manifests in and of material, mental and spiritual consciousnesses.

Thus we find urges, owing to that which has been practised or applied in the various stages of development or retardment, that are measured by what has been called astrological, numerological terms, or by that to which the entity in any phase of its consciousness has attributed or given an urge or influence.

Then,we find there are the varied influences, that are termed by those of varied thought or study, or cult or activity, according to that needed in this or that experience.

Know, however, that no urge, no influence is greater than the birthright of the entity--the will; that which is given to the soul to manifest in the beginning, as to be active within itself, independent of or in coordination with its source, or divinity itself. Yet the very gift of the Maker is divine. But this may be used or abused. It may be applied or laid aside.

Thus we find that the sojourns about the earth, during the interims between earthly sojourns, are called the astrological aspects. Not that an entity may have manifested physically on such planets, but in that consciousness which is the consciousness of that environ. And these have been accredited with certain potential influences in the mental aspect of an entity. We find that these become more and more applicable AS that influence is exercised in any given period of an entity's material experience.

As we find with this entity, there are the influences from sojourns on Venus, Mercury, Uranus, Saturn, Jupiter--about in the order named these have an influence. Thus we find, irrespective of what the entity has done in the present, these are manifested in these manners in the physical, mental or spiritual activity of the entity in the present, and may become MORE of an influence as such application is made to increase their efficacy or efficiency in the experience of the entity.

2144-1, cont. 2144-1

In Venus we find the nicety of things, of conditions, - the appreciation of influences and forces; yet demure, quiet in its manner, because of the relationships same HAS borne through the application of that very force in other sojourns in the material plane, - as will be indicated through the appearances in the earth.

From Mercury we find the high mental ability, the necessity for reasoning things out--within the own mind, that of reaching conclusions by the entity.

Also from Uranus we find the extremes that have been and will be in the experiences of the present sojourn; the interest in the occult or mystic, and the studies of the same, and away from that which is called orthodox in every phase of human experience and endeavor. Yet, from Saturn we find the tendency to store within, as well as to make sudden changes without giving thought or credence as to what others would think.

The entity is hemmed in, then, at times, by convention of others, or as to the needs of this or that because of what others will say or do.

Jupiter, making for the benevolent forces in all of these, will bring in the latter portion of the experience--and it should begin within at least the present year--more satisfactory conclusions as to travel, as to unusual scenes, - indicated both in Venus and in Uranus, as well as in Saturn. These should in the latter portion of this present sojourn find material manifestation. For the love of travel is indicated, not only by the astrological but from the material sojourns, as will be seen by the very varied experiences in the material sojourns.

The astrological influences arise as latent forces, or as the dreams or the thoughts of the entity, while the influences from the material sojourns find expression through the emotional or sensory forces of the material body--which ofttimes are confused, especially by those who attempt to study or to materially apply mystical forces. For, the emotions of the body do not wholly correspond to spiritual awakenings...

[As to thy abilities and how to use them:] Analyze thyself, thy purposes, thy desires. Know that others have opinions also, and those that are workable.

Yet study to show thyself--in thy activities, in thy thoughts--approved unto that thou hast chosen, or may choose, as thy ideal. And in the ideal, know that it is not as to what one may attain only, but as to what may be spiritual, mental and material ideals.

Faint not at waiting, for in patience ye become aware of thy soul.

As to the application of self, - in those fields and endeavors as indicated may the greater abilities become manifested.

In the latter portion of thy experience or sojourn, as indicated, there will come material gain from unseen sources in the present, - or from legacies not understood or thought of so much in the present. But use those travels, not merely as a gratifying, but teach as ye go. Thus may the entity find harmony and happiness in this experience.

We are through for the present.

Egypt, PREHISTORY

5748-1

This psychic reading was given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, 5/28/25 in accordance with request made by self - Edgar Cayce, at 11:30 A.M., Dayton Saving Time.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

READING

Mrs. Cayce: You will have before you the psychic work of Edgar Cayce, present in this room, especially that phase pertaining to Life Readings and former appearances of individuals in the earth's plane. In several readings there has been given information concerning man's relation to the Higher Forces. You will give me an outline of this teaching and how same was given to the people.

Mr. Cayce: Yes, we have the work here and that phase concerning the indwelling in the earth's plane of those who first gave laws concerning indwelling of Higher Forces in man. In giving such in an understandable manner to man of today, /it is/ necessary that the conditions of the earth's surface and the position of man in the earth's plane be understood, for the change has come often since this period, era, age of man's earthly indwelling, for then at that period, only the lands now known as the Sahara and the Nile region appeared on the now African shores; that in Tibet, Mongolia, Caucasia and Norway in Asia and Europe; that in the southern cordilleras and Peru in the southwestern himisphere and the plane of now Utah, Arizona, Mexico of the northwestern hemisphere, and the spheres were then in the latitudes much as are presented at the present time.

The man's indwelling was then in the Sahara and the upper Nile regions, the waters then entering the now Atlantic from the Nile region rather than flowing northward; the waters in the Tibet and Caucasian entering the North Sea; those in Mongolia entering the South Seas; those in the cordilleras entering the Pacific; those in the plateau entering the Northern Seas.

When the earth brought forth the seed in her season, and man came in the earth plane as the lord of that in that sphere, man appeared in five places then at once - the five senses, the five reasons, the five spheres, the five developments, the five nations.

In this now then as we receive, we find many peoples, or man became the union against the invasion from the now Tibetan and Caucasian forces. The separating of the peoples in their castes was only the beginning then of group understandings, and the first ruler of groups set self in that place in the upper Nile, near what is now known as the Valley of Tombs.

In the second rule there came peace and quietude to the peoples, through the manner of the ruler's power over the then known world forces. At that period, man exchanged with the forces in each sphere that necessary for the propagation of the peoples of the sphere then occupied. In each of the spheres given was the rule set under some individual by this second ruler in now Egyptian country, and the period when the mind of that ruler brought to self, through the compliance with those Universal Laws ever existent, then that ruler set about to gather those wise men from the various groups to compile those as that ruler felt the necessary understanding to all peoples for the indwelling of the Divine Forces to become understood and to break away from the fear of the animal kingdom then overrunning the earth.

Then, we have the gathering together then of this group, from the farthest places - forty and four /44/. As we see, this number will run through many numbers, for, as we find, there is the law pertaining to each and every element significant to man's existence considered and given in one manner or form by the groups as gathered at this meeting.

We are through for the present.

* * *

5748-4

This psychic reading was given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, 6/1/25 in accordance with request made by Edgar Cayce himself, at 3:00 P.M., Dayton Savings Time.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

READING

Mrs. Cayce: You will have before you the reading given on the psychic work of Edgar Cayce, present in this room, on the morning of 6/1/25, and you will continue with this reading regarding the information of the first laws concerning man's relation to the Higher Forces, giving this in an outline manner and how this was given to the people.

Mr. Cayce: Yes, we have these here and the conditions surrounding same. As these were gathered in their tents and caves, each were given the portion of the fact as related to each group's conception regarding man's supremacy over the animal world, and how same was reached. As these were given, we find that each gave that conception in the way that was in relation to man's surroundings in the earth plane, so in this manner were the first laws as relating to the indwelling of the Higher Forces given to man. With the absence of the communications as is given, this was written on tables of stone and slate, with the characters of same. In the first of the pyramids built in the Valley of the Shadow, there still may be found unto this day portions of data as was preserved with the ruler, who afterward was worshiped as the representative of God made manifest in earth. These will be found in the northwest corner or chamber of this mound.

As to the peoples as gathered there, we find there are many in the plane today, many that have become associated one with the other, and there comes then the urge for the return of man's more perfect understanding of the divine laws as have been made manifest through the various ages of evolution of man in the plane from that day, and the indwelling forces will be of assistance in gathering such together.

Q-1. Have you finished with this reading?
A-1. We have given that as asked. We are through with these - for the present.

5748-3

This psychic reading was given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, 6/1/25 in accordance with request made by Edgar Cayce himself, at 11:40 A.M., Dayton Savings Time

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

READING

Mrs. Cayce: You will have before you the reading given on the psychic work of Edgar Cayce, present in this room, on the afternoon of 5/28/25, and you will continue with this reading regarding the information of the first laws concerning man's relation to Higher Forces, giving this in an outline manner and how this was given to the people.

Mr. Cayce: Yes, we have the information as given and the conditions as surrounded the giving of the first laws as regarding the indwelling of Higher Forces in the earth's plane, and man attempting to make application of same.

Now as we see, we have the general outline of those conditions of man in the earth plane at the period or age, as is judged from man's viewpoint, of this gathering as caused by the second ruler of the peoples that dwelled in that portion of the earth's plane, now known as Egypt. There is to be considered, now, also those conditions under which man, as man, lived during that period in the various spheres in which man dwelt. In that land we find the peoples comparatively free from the invasion of the beasts of the field, save those as were being used for man's development and for the use of man as servant or as man's beasts of burden. While we find in the now Tibetan country, then the land of the many waters, the indwelling of those of many beasts whom man had to defend self against. Again in the Mongoloid region many others of the species and nature that were destructive to man's indwelling in many ways. Also those in Caucasia, or the lighter or whiter peoples. Also in the land of the plains in the Northern spheres in the Western portion of the earth's plane, many beasts and many conditions, and man then was in the way of having a different understanding, for different conditions were to be met, as were also in the Southern portion.

Then, as these were gathered from the five nations, we find the subjects of those pertaining to manifestations of the development of man and man's ability to cope with the conditions, and the forces wherein men were given their supremacy over the other conditions in the earth's plane, and the first as was given by the ruler was then the force that gives man, in his weak state, as it were, the ability to subdue and overcome the great beasts that inhabit the plane of man's existence must come from a higher source. Hence the first law of self-preservation in the physical plane attributed to Divine or Higher Forces. Just as the elements adding to the betterment of man's conditions in the earth plane, we have then the rudiments of that as was taught. Hence began, as given, the study of the indwelling of that other than man's physical prowess, yet there were many men of giant stature to meet the conditions as seen, yet the approach of that same force to some was reached through the power, heat, significance of Sun's force, of Moon's wane, of waters bringing forth all manners of organisms necessary for developments in the plane.

5748-2

This psychic reading was given by Edgar Cayce at his office, 322 Grafton Avenue, Dayton, Ohio, 5/28/25 in accordance with request made by Edgar Cayce himself, at 2:30 P.M., Dayton Savings Time.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

READING

Mrs. Cayce: You will now have before you the reading given on the psychic work of Edgar Cayce on the morning of 5/28/25, and you will continue with this reading regarding the information of the first laws concerning man's relations to the Higher Forces, giving this in an outline manner and how this was given to the people.

Mr. Cayce: Now, as we see, as given, how and what the classifications were of the physical in the earth's plane at that period, the numbers then of human souls in the earth plane being a hundred and thirty and three million /133,000,000/ souls. The beginning then of the understanding of laws as applied from man's viewpoint being in this second rule in the country now Egypt. The rule covering the period of a hundred and ninety and nine /199/ years, and the entity giving the chance to the peoples, for the study being in the twenty and eighth /28th/ year, when he began to gather the peoples together for this and surrounding himself with those of that land and of the various lands wherein the human life dwelled at that period. The numbers of the people that came together for the purpose then numbering some forty and four /44/.

The Courts as were made were in the tents and the caves of the dwellers of the then chosen priest from the Arabian or Tibetan country, who came as one among those to assist with the astrologer and the soothsayers of the desert of now the eastern and western worlds, and with this the conclave was held for many, many moons. The period in the world's existence from the present time being ten and one-half million /10,500,000/ years, and the changes that have come in the earth's plane many have risen in the lands. Many lands have disappeared, many have appeared and disappeared again and again during these periods, gradually changing as the condition became to the relative position of the earth with the other spheres through which man passes in this solar system.

The first laws, then, partook of that of the study of self, the division of mind, the division of the solar systems, the division of man in the various spheres of existence through the earth plane and through the earth's solar system. The BOOK OF THE DEAD, then, being the first of those that were written as the inscribed conditions necessary for the development in earth or in spirit planes. These, as we see, covered many various phases. About these were set many different ones to give the interpretation of same to the peoples in the various spheres that the individuals dwelled in that came together. Hence the difference in the manner of approaching the same sacrificial conditions in the various spheres, yet all using the Sun, the Moon, the Stars, as the emblems of the conditions necessary for the knowledge of those elements as enter in; same as the fish representing the water from which all were drawn out, as we would see from the various changes.

The beginnings then of this in a systematic manner beginning with this second rule, in this manner, in this land.

We are through for the present.

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 30th day of June, 1932, in accordance with request made by those present of the Norfolk Study Group #1 and friends, of the Association for Research and Enlightenment, Inc., during the Annual Congress of the Association, 3:00 P.M.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.; Norfolk Study Group #1 and friends.

READING

Mrs. Cayce: You will please give at this time detailed information regarding the origin, purpose and prophecies of the Great Pyramid of Gizeh near Cairo, Egypt. Please answer the questions asked.

Mr. Cayce: Yes. In the information as respecting the pyramids, their purpose in the experience of the peoples, in the period when there was the rebuilding of the priest during the return in the land, some 10,500 before the coming of the Christ into the land, there was first that attempt to restore and add to that which had been begun on what is called the Sphinx, and the treasure or storehouse facing smae, between this and the Nile, in which those records were kept by Arart and Araaraart in the period.

Then, with Hermes and Ra (those that assumed or took up the work of Araaraart) there began the building of that now called Gizeh, with which those prophecies that had been in the Temple of Records and the Temple Beautiful were builded, in the building of this that was to be the Hall of the Initiates of that sometimes referred to as the White Brotherhood.

This, then, receives all the records from the beginnings of that given by the priest, Arart, Araaraart amd Ra, to that period when there is to be the change in the earth's position and the return of the Great Initiate to that and other lands for the folding up of those prophecies that are depicted there. All changes that came in the religious thought in the world are shown there, in the variations in which the passage through same is reached, from the base to the top - or to the open tomb and the top. These are signified by both the layer and the color in what direction the turn is made.

This, then, is the purpose for the record and the meaning to be interpreted by those that have come and do come as the teachers of the various periods, in the experience of this present position, of the activity of the spheres, of the earth.

In the period that is to come, this ends - as to that point which is between what is termed in chronological time in present - between 1950 and 1958, but there have been portions that have been removed by those that desecrated many of those other records in the same land. This was rejected by that Pharaoh who hindered in the peoples leaving the land.

Q-1. Are the deductions and conclusions arrived at by D. Davidson and H. Aldersmith in their book on The Great Pyramid correct?
A-1. Many of these that have been taken as deductions are correct. Many are far overdrawn. Only an initiate may understand.
Q-2. What corrections for the period of the 20th Century?
A-2. Only those that there will be an upheaval in '36.

Q-3. Do you mean there will be an upheaval in '36 as recorded in the pyramid?
A-3. As recorded in the pyramid, though this is set for a correction which, as has been given, is between '32 and '38 - the correction would be, for this - as seen - is '36 - for it is in many - these run from specific days; for, as has been seen, there are periods when even the hour, day, year, place, country, nation, town, and individuals are pointed out. That's how correct are many of those prophecies as made.

Oft may there be changes that bring periods, as seen in that period when there was an alteration in that initiate in the land of Zu and Ra that brought a change, but at a different point because of being driven by those that were set as the guides or guards of same. In this same pyramid did the Great Initiate, the Master, take those last of the Brotherhood degrees with John, the forerunner of Him, at that place. As is indicated in that period where the entrance is shown to be in that land that was set apart, as that promised to that peculiar peoples, as were rejected - as is shown in that portion when there is the turning back from the raising up of Xerxes as the deliverer from an unknown tongue or land, and again is there seen that this occurs in the entrance of the Messiah in this period - 1998.

* * *

(Continuation July 1, 1932 - 4:10 P.M.) 5748-6

Much has been written respecting that represented in the Great Pyramid, and the record that may be read by those who would seek to know more concerning the relationships that have existed, that may exist, that do exist, between those of the Creative Forces that are manifest in the material world. As indicated, there were periods when a much closer relationship existed, or rather should it be said, there was a much better understanding of the relationship that exists between the creature and the Creator.

In those conditions that are signified in the way through the pyramid, as of periods through which the world has passed and is passing, as related to the religious or the spiritual experiences of man - the period of the present is represented by the low passage or depression showing a downward tendency, as indicated by the variations in the character of stone used. This might be termed in the present as the crucitarian [crucigerian?] age, or that in which preparations are being made for the beginning of a new sub-race, or a change, which - as indicated from the astronomical or numberical conditions - dates from the latter portion or middle portion of the present fall (1932). In October there will be a period in which the benevolent influences of Jupiter and Uranus will be stronger, which - from an astrological viewpoint - will bring a greater interest in occult or mystic influences.

At the correct time accurante imaginary lines can be drawn from the opening of the Great Pyramid to the second star in the Great Dipper, called Polaris or the North Star. This indicates it is the system toward which the soul takes its flight after having completed its sojourn through this solar system. In October there will be seen the first variation in the position of the polar star in relation to the lines from the Great Pyramid. The dipper is gradually changing, and when this change becomes noticeable - as might be calculated from the Pyramid - there will be the beginning of the change in the races. There will come a greater influx of souls from the Atlantean, Lemurian, La, Ur or Da civilizations. These conditions are indicated in this turn in the journey through the pyramid.

How was this begun? Who was given that this should be a record of man's experiences in this root race? for that is the period covered by the prophecies in the pyramid. This was given to Ra and Hermes in that period during the reign of Araaraart when there were many who sought to bring to man a better understanding of the close relationship between the Creative Forces and that created, between man and man, and man and his Maker.

Only those who have been called may truly understand. Who then has been called? Whosoever will make himself a channel may be raised to that of a blessing that is all that entity-body is able to comprehend. Who, having his whole measure full, would desire more does so to his own undoing.

Q-4. What are the correct interpretations of the indications in the Great Pyramid regarding the time when the present depression will end?
A-4. The changes as indicated and outlined are for the latter part of the present year [1932]. As far as depression is concerned, this is not - as in the minds of many - because fear has arisen, but rather that, when fear has arisen in the hearts of the created, sin lieth at the door. Then, the change will occur - or that seeking will make the definite change - in the latter portion of the present year. Not that times financially will be better, but the minds of the people will be fitted to the conditions better.

Q-5. What was the date of the actual beginning and ending of the construction of the Great Pyramid?
A-5. Was one hundred years in construction. Begun and completed in the period of Araaraart's time, with Hermes and Ra.

Q-6. What was the date B.C. of that period?
A-6. 10,490 to 10,390 before the Prince entered into Egypt.

Q-7. What definite details are indicated as to what will happen after we enter the period of the King's Chamber?
A-7. When the bridegroom is at hand, all do rejoice. When we enter that understanding of being in the King's presence, with that of the mental seeking, the joy, the buoyancy, the new understanding, the new life, through the period.

Q-8. What is the significance of the empty Sarcophagi?
A-8. That there will be no more death. Don't misunderstand or misinterpret! but the interpretation of death will be made plain.

Q-9. If the Armageddon is foretold in the Great Pyramid, please give a description of it and the date of its beginning and ending.
A-9. Not in what is left there. It will be as a thousand years, with the fighting in the air, and - as has been - between those returning to and those leaving the earth.

Q-10. What will be the type and extent of the upheaval in '36?
A-10. The wars, the upheavals in the interior of the earth, and the shifting of same by the differentiation in the axis as respecting the positions from the Polaris center.

Q-11. Is there not a verse of scripture in Isaiah mentioning the rock on which the Great Pyramid is builded?
A-11. Not as we find; rather the rock on which John viewed the New Jerusalem - that is, as of the entering in the King's Chamber in the Pyramid.

Q-12. What is the date, as recorded by the Pyramid, of entering in the King's Chamber?
A-12. '38 to '58.

Q-13. If the Passion of Jesus is recorded in the Great Pyramid, please give the date according to our present system of recording time?
A-13. This has already been presented in a fair and suitable manner through those students of same, and these descriptions have been presented as to their authenticity.

Q-14. How was this particular Great Pyramid of Gizeh built?
A-14. By the use of those forces in nature as make for iron to swim. Stone floats in the air in the same manner. This will be discovered in '58.

Q-15. What is the significance of the character of the figure of the Sphinx, mentioned above?
A-15. In this particular period of Araaraart and of the priest (that began those understandings - and passed through those of the hell in the misinterpretation of same), there was even then the seeking through those channels that are today called archaeological research. In those periods when the first change had come in the position of the land, there had been an egress of peoples - or things, as would be called today - from the Atlantean land, when the Nile (or Nole, then) emptied into what is now the Atlantic Ocean, on the Congo end of the country. What is now the Sahara was a fertile land, a city that was builded in the edge of the land, a city of those that worshipped the sun - for the use of its rays were used for supplying from the elements that which is required in the present to be grown through a season; or the abilities to use both those of introgression and retrogression - and mostly retrograded, as we are in the present. The beginnings of these mounds were as an interpretation of that which was crustating in the land. (See, most of the people had tails then!) In these beginnings these were left.

When there was the entrance of Arart and Araaraart, they begin to build upon those mounds which were discovered through research. With the storehouse, or record house (where the records are still to be uncovered), there is a chamber or passage from the right forepaw to this entrance of the record chamber, or record tomb. This may not be entered without an understanding,for those that were left as guards may not be passed until after a period of their regeneration in the Mount, or the fifth root race begins.

In the building of the pyramid, and that which is now called the Mystery of Mysteries, this was intended to be a memorial - as would be termed today - to that counsellor who ruled or governed, or who acted in the capacity of the director in the material things in the land. With the return of the priest (as it had been stopped), this was later - by Isis, the queen, or the daughter of Ra - turned so as to present to those peoples in that land the relationships of man and the animal or carnal world with those changes that fade or fall away in their various effect. These may be seen in a different manner presented in many of the various sphinxes, as called, in other portions of the land - as the lion with the man, the various forms of wing, or characterizations in their various developments. These were as presentations of those projections that had been handed down in their various developments of that which becomes man - as in the present.

We are through.

* * *

/NOTE: Newspaper Clipping June 1936: Remains of a fourth huge pyramid have been found buried under the sands of Gizeh, Egypt./

This psychic reading was given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 19th day of July, 1932, in accordance with request made by Edgar Cayce himself, at 5:30 P.M.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

READING

Mrs. Cayce: You will have before you the soul-body and the mind of Edgar Cayce, present in this room. You will give a detailed life history of this entity's appearance in Egypt as Ra-Ta, and his associations with those of that period with whom he is closely associated in the present. You will answer the questions which will be asked.

Mr. Cayce: Yes, we have the entity and those conditions or records that are apparent in the inner self of the entity or body in the present, from that as seen and recorded as Ra-Ta the priest.

In giving this interpretation we must find there are many peoples, even nations, that were influenced by the material activities of the entity in that experience.

That the entity came into the land Egypt with others that had come for a purpose is evidenced by that which has been given. He came with that people from what was to be later the earthly sojourn of the entity as a leader, and as a man then of unusual abilities as well as appearance and manners of conduct.

The entity chose rather the peoples that were to enter in the land, and was the son of a daughter of Zu that was not begotten of man. In the entrance, then, he came rather as one that was rejected by those peoples about him; for ever has there been that question where such has been the experience among peoples who had formed any associations of home.

Home, as has been remembered, began with a peoples in an entirely different land, and was then projected in thought by those various leaders in those places where man, as man, had come into being through that crystallization of thought that had been given by those Sons of the Most High.

In this entity's appearance, then, in this particular experience, there was brought to those peoples of Zu's the condemnation of those of Ararat, who had established what would now be called a community home in the land later known as Ararat, or where the flood later brought those peoples who again joined with many in peopling the earth after that destruction which was caused by those changes in the land known as Og.

The entity then grew in grace with the peoples by the manner of conduct, though with the action of those peoples of Ararat these brought hardships for the mother of the entity in that experience, until there had been a change in the environs and brought it among a new surrounding.

In this period, then, there was the prophecy by Ra-Ta that the son of Arart was to journey into this land where there was then the higher state of developments as to the necessities, and those abilities to enjoy and enjoin the activities of the mental and material bodies in their associated actions. These brought, then, those things that are classed in the present as pleasures that gratify the senses of man's own development, for much that is now as the developments that are necessities as well as luxuries were then as commonplace as the most common necessities in the present. Hence to those peoples, while Ra-Ta was one that was still looked on askant, with the removal of the peoples into the Egyptian land, during that age of Ra-Ta as would be called today one score and one, then the entity gave much in the way of aiding those peoples, children of Ararat and the families of same, in making the easy, even control of a land that might be said to be supplying then all the luxuries of the earth in that particular period.

With the peaceful arrangements that were brought about, then, after the period of dissension with the young natives and the changing of the native's name to that of the king, Aarat, then the priest was in the position of gradually gathering those that would harken to those words as pertaining to there being any relations with an outside world, or of there being those divisions in the body that were represented by those divisions of the intermission, or the body of intermission of an entity, from an experience to an experience. The natives held more strongly to the necessity of materialization for the enjoyment, as may be surmised from the conditions that were surrounded and evidenced in those particular conditions of this period.

With Ra-Ta then beginning with the natives and those that listened to the uncovering of the records (in what would be termed archaeological research in the present), gradually more and more adherence was made to those words of this peculiar leader that had come into this land leading or guiding the conquerors, who were seeking for the expression of various thoughts that were coming through in those entities entering that group in that particular period. This being at that period (as would be called, in the study of such) of the change of the race to become - and is now - the white. Hence, as Ra-Ta means and indicates, among - or, the first pure white in the experience then of the earth.

In this condition, then, the wonders of the activities brought those varied conditions that were the source of so much disorder, dissension, and discouragement to the activities of the entity through the whole period of experience; for as these findings began to show the variations that had existed in the developing of the mental and physical needs of those peoples that had populated the land, these brought the changes in the manner in which those that had come, as well as natives, in the way in which these forces were to be expressed in this particular experience.

With the subsiding, then, of contentions with the natives and those that rose against them, and those that had come in the raising to that of what was to be the experimentation (as would be called in the present) of those that were given to Ra-Ta by the king and that native who was to be counseled or judged by those who had been chosen in the positions as the group called (that as would be expressed in the present) the material minded, the spiritual minded, the business minded, the political minded.

These in their divisions, then, made for what may be seen as a real representative of the conditions that are arisen in the earth in the present period, when there is the drawing near to that period of a change again, which is as a cycle that has brought about that period when there must be the establishing of that which is in the present the representation of that experimentation for the advancement of those various groups in that particular period.

We are through for the present.

Copy to Self
Copy to File

294-148

This psychic reading was given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 26th day of July, 1932, in accordance with request made by Edgar Cayce himself, at 5:00 P.M.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

READING

(Continuance of Egyptian experience as Ra-Ta)

Mr. Cayce: Yes. With the establishing of this rule, there began the series of changes, and the intermingling of the peoples who entered and the natives. While the native rulers were submissive, especially as the native ruler was enamored with one of the incoming peoples. With Arart as the king and Ra-Ta as the prophet or seer, there began a period that may well be called a division of interests of the peoples. Ra-Ta attempted to induce the king to have only those natives that were tried and true in their acceptance of those attempts that would bring the closer relationship, according to those visions and experiences of Ra-Ta in line with those being established as customs, rules and regulations. These conditions naturally made for some disturbance among the natives, that would be called the upper class, or those that sought to be in power themselves, or had ideas as to what should be done with the abilities of the peoples as individuals, and the abilities of the country as a country to supply those material necessities for sustenance and for recreation of the peoples. This eventually led to the pitting of the young leader with the king's son, and the change - or the accepting by the king of this native leader that represented a group as well as himself, for he was among those who had been native rulers and were deposed by the ruler whom Arart had found in office when settling there. This period of the establishing of these conditions we will term, for designation and understanding, as the political situation of the land. A portion of Arart's life then was in association with the political phase of the experience, as well as in establishing those relationships of individuals with individuals, also the religious or spiritual life, with the preparation for setting in motion the regulations or ceremonies that would be accompanied, or signified or designated, by the developing of those peoples who chose to give their lives, or were chosen for their abilities in certain phases of the conditions that arose.

294-148

With the political situation, then, the king - the young king, then only thirty - gathered about him many that were to act in the capacity of council, a portion the inner council that ruled on the general circumstances of the peoples as a whole, then the council that had supervision over various parts or departments of the activities of the peoples, as would be termed in one's present surroundings as holding the various offices as a cabinet, the departments being much in that day as they are in the present; for remember, there is nothing in the present that hasn't existed from the first. Only the form or the manner of its use being changed, and many an element then used that the art of its use has been lost, as we will see the reason why, and many being re-discovered by those called scientists in the present when in that day it was the common knowledge of the most illiterate, as would be termed in the present.

With the appointing of such a body, to be sure there was much work for Ra-Ta in council that there be kept the ideal or purpose for which this band, this group, had chosen this particular land for the development or manifestation of the forces that were manifesting through the mental or the spiritual man Ra-Ta.

With this giving in (we are speaking of the political phase now) of the king to pit or parallel activities of the native with the abilities of the son, or heir, and he himself - the king - acting as a council then with Ra-Ta to the inner council, there were the necessities of matching the abilities of the king's council, or king's people, with the facilities of the natives - as it were - in the various phases of what would be termed in the present as progress. Hence the opening by Araaraart of mines in Ophir, in what was later known as Kadesh, or in the land now called Persia. Also in the land now known as Abyssinia, and those portions yet undiscovered or used in the upper lands of the river Nile, there were those mines of the precious stones - as onyx, beryl, sardis, diamond, amethyst, opal, and the pearls that came from the sea near what is now called Madagascar. In the northern (or then the southern) land of Egypt, those mines that produced quantities - and quantities - and quantities - of gold, silver, iron, lead, zinc, copper, tin, and the like, that these might be matched with those in the valleys of the upper Nile. Also there was the producing of the stonecutters who began gathering materials for the establishing of the residences of the incoming or the king's peoples.

With the gatherings of these, also Ra-Ta began to gather his own people and those that were pointed out to him through the sources from which he received those various injunctions for the establishing of the name forever in the land. Hence, with these, there were the preparations for the temple where there were to be the various forms of worship, as related to the divisions of the penal or moral relationships of the peoples, and what would be termed or called in the present the religious or spiritual relationships.

RA-TA Period: Egypt, PREHISTORY
(Historical Basis for EC's Power)
Part I

There were many periods or days required for the building up of the body, as represented by the group that acted in the capacity of the active individuals about the building of these edifices or temples that were to represent then the recreation halls; for the physical attributes were worshiped much more in many ways in this period than the religious are in the present period, and rightly so - though there were the preparations for the spiritual worship that comprised not only the sacrificial altars, which were not as for the offering of sacrifice in the slaying of animal or bird, or beast, or reptile, or man; rather that upon which individuals put their faults and blotted them out with the fires of those forces that were set in motion by Ra-Ta, in the ability to give to each that for which his or her activity was best adapted in the developing of themselves, when they had chosen to give themselves in service in that particular position in which their activity was necessary. See the difference?

There were also established storehouses, that would be called banks in the present, or places of exchange, that there might be the communications with individuals in varied lands; for even in this period (though much had been lost even by these peoples) was there the exchange of ideas with other lands, as of the Poseidian and Og, as well as the Pyreneen and Sicilian, and those that would now be known as Norway, China, India, Peru and American. These were not their names in that particular period, but from whence there were being gathered a portion of the recreations of the peoples; for the understandings were of one tougue! There had not been as yet the divisions of tongues in this particular land. This was yet only in the Atlantean or Poseidian land.

With the gathering of these people and places, there began the erecting of the edifices that were to house not only the peoples, but the temple of sacrifice, the temple of beauty - that glorified the activities of individuals, groups or masses, who had cleansed themselves for service. Also the storehouses for the commodities of exchange, as well as that gathered by the peoples to match - as it were, still - one against the other. Hence we find the activities of the priest, or seer, as really a busy life - yet much time was given in keeping self in communion with those that brought the knowledge of that progress made in the spiritual sense in other lands, especially so from Posedia and Og.

In these visitations that were caused, or that necessitated the absenting of the priest from these places, there arose more and more a dissension with those peoples that there was being builded much that was being left to subordinates, as considered by some of the native councillors - and a few also of those that allowed avarice to arise in their own make-up. This brought questioning more and more,

PREHISTORY, Egypt: RA-TA Period
(Historical Basis for EC's Power)
Part I

and there began to be the use of those things that gradually turned the minds of those associated in the offices that had been set aside by the priest in their activity, in the use of, in the brewing and concocting of drinks that set the body, set the mind, set the whole fires of physical body against that as had been cleansed by the fires on the altars, as were in the sacrificial temples.

In the third series, or - as they were set aside as periods of ten years, most of those buildings were completed, and when there was the return of Ra-Ta from one of these visits to the mount - where there had been some activities on the part of those that were delving into what was termed the archaeological conditions of those that had lived in the lands in the periods before - and there was found in the temple of sacrifice the aggrandizing of the lusts of the body, rather than those activities that were to be carried on by the sacrificial priests - there arose a mighty turmoil, and with these conditions arising there became greater and greater stress laid upon Ra-Ta, and there were sought various ways and manners in which there might be fault found with the activities of those conditions that surrounded the body, and there arose at that time the first - as may be said - of that saying, "When the devil can't get a man any other way, he sends a woman for him."

Among those, then, of the priests' daughters, was one of the king's favorites - that made for the entertaining of the king and his council, and his visitors - who was more beautiful than the rest, and she was induced to gain the favor of the priest through the activities of herself in body, and in the manners that would induce some fault to be found. This was not by her own volition, but rather by the counsel of those that made for the persecutions of her own peoples that were being protected by the activities of the body, and divisions arose that were even unknown then to Ra-Ta, for he being among those that trusted all, believed all, and - as it were - for the time the gods laughed at his weakness!

We are through for the present.

RA-TA Period: Egypt, PREHISTORY
(Historical Basis for EC's Power)
Part II

294-
L-14

This psychic reading was given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 27th day of July, 1932, in accordance with request made by Edgar Cayce himself, at 3:15 p.m.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

READING

(Continuance of Egyptian experience as Ra-Ta)

Mr. Cayce: Yes, we have that as has been given, and those conditions that surrounded the body Ra-Ta in that experience.

It will, no doubt, be enlightening to individuals in the present to give the outlines of that which had its being in the varied forms of worship, individuals as beings, their differences in forms from the present, that it may be better understood how these influence so much in the present with individual or personal associations of individualities.

The conditions first, then, as political had been set. The conditions as to the buildings (we will call them) in which there was to be carried on this demonstration of the relationships of individuals to individuals and relationships of individuals as individuals, and as masses, to the Creative Forces.

In the building, then, of the marital relationships that existed, these, as we understand, were not much as homes (as seen or understood as individual homes in the present). Rather were there the appointed companionships that were to serve their State, their purposes, for the completing of - or competing of - groups or nations one against another, and were rather the matter of the word of the ruler than that of choice of individuals, as known in the present. This particular relationship did the priest, or Ra-Ta, attempt to change, in that there should be rather the establishing of the definite homes, as were in other lands that had been then visited by this priest, or from any; that these should be rather those of consecrated lives one to another. Hence there was the tendency of the changing or altering of those forms of service that were held in the temple, in which there were not only those acts in the activities of individuals in their relationships one with another for the propagation of those peoples, but also those recreations, and those - as would be termed in the present - halls of learning, halls of precept and also of examples. These, then, as may be understood, required the supervision - with these changes - of a great number of individuals, and - as is seen from that which has been given - individuals in varied capacities served the priests in ministering to those needs of the conditions and relationships of individuals through the temple; for in this particular peoples all births were in this particular hall - or those set aside for same, as were those chambers in which conception was to have taken place, or to take place, for all the various relationships that existed among the peoples; while in the Temple Beautiful we had rather that which pertained to those changes that were wrought in individuals' activities

as they set themselves aside, or consecrated themselves (as would be termed in the present) for particular services in the material or mental, or in the commercial world, as well as those that formed or performed their particular activity or service in the Temple Beautiful, or the spiritual portion of the service.

With these changes, then, that were gradually brought about - possibly a description here of these might be given:

As was seen, the housing of all the female of the whole clan or tribe for the evenings was in the temple, while those of the male that were outside those of the king's own household - and this included the king's alone - not any favorite or queen, or closer relationship, for all were in the same building, for they were under State rules. These were in tiers, as we would term today, beautifully laid out - with their halls, that were three and four tiers. The rooms, as would be sized as we would call, were 7 x 9 in their size, with 8 to 10 feet in the height, with those accoutrements for same - their rugs, their blankets, those that were wrought with the hands that made for the couches, for the various activities. Those that were born in same were immediately, or after three months, taken from their own families and raised in those groups which were confined in other buildings for those purposes. The great chambers or halls that were inter-between were of high tiers, that made for large halls, with the various forms of recreation - as the dance, etc.; for, as given, the body was worshiped in this period as today, for the bodies were changing in their forms as their developments or purifications were effective in those temples, where the consecrations and changes were taking place by the activities of the individuals in their abilities to turn themselves towards (in the mental) the spiritual things of an existence. They gradually lost, then, many feathers from their legs. Many of them lost the hairs from the body, that were gradually taken away. Many gradually began to lose their tails, or their protuberances in their various forms. Many of them gradually lost those forms of the hand and foot, as they were changed from claws - or paws - to those that might be more symmetrical with the body. Hence the activities or the uses of the body, as they became more erect and more active, more shaped to them in their various activities. These were, to be sure, considered as the body beautiful. Beauty as divine; for the divine has brought - and does bring - those various beauties of form or figure to the body, and should be considered as it was given so, for "the body is the temple of the living God." True, then, that the various forms or attributes of the body in its symmetry are of the divine inheritance, as was brought about by this poor ill-forgotten Ra-Ta in this experience.

In the Temple Beautiful then, we find here the altars where various forms of desire were sacrificed, that brought to the individuals, or persons, or bodies, the gradual falling away of those things that made for the animal activity in the bodies of those that were attempting to so consecrate, so concentrate themselves and consecrate their bodies, their lives, their activities, in this service. Let's don't forget the thesis, or the key for which all of this understanding had come: That there might be a closer relationship of man to the Creator, and of man to man.

Many were the altars, then, and so - as these changes came about - there became the necessity of their attempt to induce Ra-Ta, that there might be more of the activity that was withdrawn, or drawn to the bodies of those that were purified, or clarified, in the Temple Beautiful, to draw those to the activities that were to be the chang-

ing for those that had not reached that stage of the desire to become those changes in the physical and in the mental attributes of that which represented the forms in their activity in the period. Hence the developing more of the personality, as these were injected more and more. This is where, as it were, the gods laughed at the weakness of the individual, or the priest.

As these began then, with this favorite of the king - and the better of the forms that had become near the body beautiful, or beauty divine, those activities in the temple (not the Temple Beautiful, but in the temple) brought these individuals, as individuals, into closer relationships, and the decree eventually came that the priest was to be, then, the companion of this body that had been chosen to be the channel through which those activities were to bring to those peoples a body such as the priest had spoken of - and the priest "fell for the whole proposition", to put it in common parlance, or that of slang phrase in the present.

In this there were many others that were chosen also, by the various ones, and there were the attempts that there be the same associations with the priest in the various ones through which this began, yet when there came - as it were - the offspring with this association, then there became the cry that there was the breaking of the very laws that had been set by the priest, who was to make for the home and the changing of the conditions for the peoples, and more and more were the lines drawn as to the sides that were taken. Those groups who had the desire for their own offspring, or their associates or associations for the closer relationships with the priest, and those that came into power in their various forms or activities; for, as is seen, with desire - as the cleansing came - there were those abilities of individuals for various activities in various fields of endeavor. Hence there became singers, workers in line, workers in embroidery, carders, weavers, workers in clay, those in the various forms of commercial industry, those in horticulture, those in agriculture, and the various fields; for no merchant then existed, as there was one common store for all.

In their activities, then, each were in their various fields of endeavor given free activity to that which it might produce. Hence these brought about the many various divisions that were between, as it may be called, the first uprising between Church and State, and the lines being drawn caused more tumult, until the period when there was the eventual trial of this priest and the companion, and they were then banished into the land that lies to the south and east of this land, or the Nubian land.

Here all became changed, with this tumult that arose with the various priests that were in attendance in the various offices, and advantage was taken of the situation by many of those who in their various forms began to learn, as it were, a form of war and defense, and there were the gathering then of the young men, the old men, and sides were taken. Still some remained faithful to the priests who remained in the land, and troublesome times arose for many, many suns, or until at least nine seasons had passed before there was even the semblance of the beginning of a quieting, and that not until there had been definite arrangements made that the priest would return and all would be submissive to his mandates; and he became, then, as may be termed in the present, a dictator - or a monarch in his own right.

PREHISTORY, Egypt: RA-TA Period
(Historical Basis for EC's Power) 294-149
Part II

The offspring, to be sure, was taken - as others - from this relationship, and in their various forms and manners there was the attempt to be brought about the proper conditions, yet it wasted away - for while there were the abilities of the priest in some directions, yet these had not clarified or crystallized into that which came about in the latter part of this experience for the entity.

In the land to which these were banished, not only were there the two - but a number; some two hundred and thirty-one souls.

We are through for the present.

Copy to Self
Copy to File

294-150

This psychic reading was given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 28th day of July, 1932, in accordance with request made by Edgar Cayce himself, at 4:30 p.m.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

READING

(Continuance of Egyptian experience as Ra-Ta)

Mr. Cayce: Yes, we have the information that has been given.

With the number that went in exile, of the two hundred thirty and one souls, many were in the capacity of guards, defenders, special body guards, interpreters - not that these interpreters were to interpret languages, or speech, or activities, but give to those that were unable to approach the priest, or body Ra-Ta, that which would be given out where it was impossible for the body to reach all about the body.

With these changes, there became the natural consequences in change of relationships. Pairs were given places of abode, and then homes - with their environs - were first established among those that were sent in exile, or chose of their own volition to be among that number, or who named the name of the priest.

With the entering into the Nubian land, there came such a change that there were the bettered conditions in every term that may be applied to human experience; for successes of every nature grew up about this warlike peoples, and there came those rebellions in the land that made for turmoils and strife. More and more were there overtures made that there be some means provided whereby those who had followed the priest might be made, or forced, to return; yet these became as insurmountable objections, so that only those who were acting in the capacity of go-betweens of either sex were kept, or able to be in touch with the priest direct. As the priest in this period entered more and more into the closer relationships with the Creative Forces, greater were the abilities for the entity or body Ra-Ta to be able to make or bring about the material manifestations of that relationship. Hence the peace that

was enjoyed by the peoples, not only with the priest but all those of that land. Hence, as given respecting individuals, they returned from the land, for many sought to be as close in contact with this body as at all possible. Every form of advancement, then, or advantage, seemed to be in the direction that those of the kingdom had acted in haste, and those that were advanced in their purification in the temple - whether they were of the male or female, with the ideal of bringing peace to their friends, their peoples, to whom they held some allegiance, kept attempting to make for such associations with the council and the king that there be the re-establishing of the priest in his place in the land.

There were begun some memorials in the Nubian land which still may be seen, even in this period, in the mountains of the land. Whole mountains were honeycombed, and were dug into sufficient to where the perpetual fires are still in activity in these various periods, when the priest then began to show the manifestations of those periods of reckoning the longitude (as termed now), latitude, and the activities of the planets and stars, and the various groups of stars, constellations, and the various influences that are held in place, or that hold in place those about this particular solar system. Hence in the Nubian land there were first begun the reckoning of those periods when the Sun has its influence upon human life, and let's remember that it is in this period when the present race has been called into being - and the influence is reckoned from all experiences of Ra-Ta, as the effect upon the body physical, the body mental, the body spiritual, or soul body; and these are the reckonings and the effects that were reckoned with, and about, and of, and concerning, in their various phases and effects. These all were set, not by Ra-Ta - but expressed in the development of Ra-Ta, that these do affect - by the forces as set upon all - not only the inhabitant of a given sphere or planet, but the effect all has upon every form of expression in that sphere of the Creative Energies in action in that given sphere, and this particular sphere or earth - was the reckoning in that period. Hence arose what some termed those idiosyncrasies of planting in the moon, or in the phases of the moon, or of the tides and their effect, or of the calling of an animal in certain phases of the moon or seasons of the year, or of the combining of elements in the mineral kingdom, vegetable kingdom, animal kingdom, in various periods, were first discovered - or first given, not discovered - first conscious of - by Ra-Ta, in his first giving to the peoples of the Nubian land.

Well may it be imagined, then, as to the effect this had upon the peoples who classed themselves as the elect, the chosen, and yet recognizing that for a physical activity there had been the envy, selfishness, strife, contention, and those things that are of the body, that pertain to those lusts of the body, which had brought about or produced that which separated that which would build from themselves.

In this condition, then, were there emissaries of the various positions sent back and forth by the leaders of that particular period, that would eventually bring about the restoring of the priest, who - under the strain - in a very short period had, to the apparent eye of those about him, become aged, decrepit, and not able physically to carry on; and fear began to be felt that there would not be sustaining strength sufficient that there might be given to the peoples that which had been begun by the entity in the Egyptian land, and that which was being manifested in this land to which they had been banished.

PREHISTORY, Egypt: RA-TA Period
(Historical Basis for EC's Power)
Part II

294-150

Eventually came the period when there was to be the attempt, that there was to be the return of the priest to the land. Then did this priest of himself, and of the Creative Forces, edict that those who were in close association with this entity - that had meant an extenuation or savior of a peoples, into a regeneration of same - would have marks set in their bodies that would remain throughout their appearance in the earth's plane, that they might be known to one another, would they seek to know the closer relationships of the self to the Creative Forces and the source - physical - of their activity with that source. To some in the eye, to some in the body, to some the marks upon the body, in those ways and manners that may only be known to those that are in that physical and spiritual attunement with the entity as they pass through the material or earth's sphere together. They are drawn, then, by what? That same element that was being accentuated in the earth's plane, as also the other laws that were discovered - or were given, or were conscious of - by the entity in that particular period. The purpose of such, then, that there may be known, that with such an association there may come an awakening to that which was accomplished by those of the select - not elect, but select - in that particualar endeavor.

These are, then, in that position wherein their relationships may be of the best, the closest relationships of the mental, the material, the spiritual developments of all that aided in that particular experience, for the good of the group, the nation, the world - and hence the activities in whatever direction must influence the whole of the human race, whether any of that particular group enter as servants, as kings, as ministers, as those that mete penal justice, or those that would become emissaries, or ministers, or those that are of those sources that in material things bespeak of the lore of the attributes of physical relationships. All are to, and for, and of, that that makes for an awakening of those conditions, that make for an awareness of that manifested at that period.

With the return then of the priest to the Temple Beautiful, there first began the priest to withdraw himself from the whole that regeneration in body might become manifest, and the body lay down the material weaknesses - and from those sources of regeneration recreated the body in its elemental forces for the carrying on of that which these material positions gave the opportunity for; leaving first the records of the world from that day until when there is the change in the race.

Through for the day.

Copy to Self
Copt to File

RA-TA Period: Egypt, PREHISTORY
(Historical Basis for EC's Power)
Part III

294-
L-16

This psychic reading was given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia this 29th day of July, 1932, in accordance with request made by Edgar Cayce himself, at 11:00 a.m.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

READING

(Continuance of Egyptian experience as Ra-Ta)

Mr. Cayce: Yes, we have the information that has been given respecting the activities of Ra-Ta in the Egyptian experience.

With the completing of this resuscitation, or regeneration of the body-physical, with the return of those that had been forced or had voluntarily followed the priest into exile, with the many that had been healed or changed in the country to which they had been sent, there began then the segregations more into places, homes, and where there had only been forts or temples in the various sections - where the various character of commercial life was carried on - gradually grew homes, with families, that were much in the order as may be found in the present day, save there were more than one companion in the various households. These were chosen rather as those that were able to care for, and to bring about those variations in the temperamental forces that were developed during this developing period.

In the portion as may be termed the political, with this return - and the necessary changes or alterations in the various sections of this division of the peoples - many changes came about; for, as we find, the native counsellor was rather in the position of the subordinate to the king's demands, or the demands of the father of the king, and became rather as a recluse, and shut from much of the activities that were being carried on in the relationships of the nations or peoples with the outside peoples. This made for the rising of others to positions of prominence, or positions of responsibility, in the direction of the exchange of ideas with the outside world; for with the regeneration, more and more became noised abroad that which had been and was being accomplished in this land of plenty, in foods, in ornaments, in the recreation, in the needs of the inner man, in the necessities for the satisfying of desires for the material mind, in the aiding or setting up of the various conditions that are called sciences in the present period.

These made for more and more visitations of the wise men, or the emissaries from the various lands, which heretofore had been visited by this priest Ra-Ta.

In the matter of the temple, or the relationships of man to man, with the change in the home, with the change to the building up of the various sections in or under their own rule, there became the necessity of establishing the rules and regulations that governed the relationships of individuals to individuals, as a criterion, as a measuring stick, as it were, as to what would be the ideal - or that

that would be proper and right. These were supervised by those that were close in association with the priest; he, the priest, then acting more and more in the capacity of the advisor, yet not those close in contact save with those that were active as emissaries in the various offices to which these were assigned as the developments began, not only in the place around Luz but also in those cities that were established in the various sections of the land.

As related to the spiritual life, with the establishing then of the home, of the various communities and the various towns and cities, there were also set those in the Temple Beautiful that acted in the capacity of advisors, teachers, ministers, or the ones giving counsel in the spiritual places that were prepared in the various centers. These also made for the gathering together of a group that were set in the various capacities. This of necessity required then, in this department of the work, those of the closer associates with Ra-Ta, as the spiritual messengers that were sent to these various places.

Then began what may be truly termed the first national or nation spirit of a peoples; for with the divisions, rather than this causing a dispersing of ideals or a dividing up of interests, it centralized the interests; for these were being guided by a ruler or king whose authority was not questioned any more, nor were the advisings of the priest questioned, who was acting in rather the capacity of preparing for this very spirit to manifest itself in the way of the national emblems, the national ideas, that stood for the varied activities of not only individuals or groups, but for the general masses. Hence there began the first preparation for what has later become that called The Great Pyramid, that was to be the presentation of that which had been gained by these peoples through the activities of Ra-Ta, who now was known as Ra; for with the entering in of Hermes with Ra - who came as one of the peoples from the mount to which these peoples had been banished - and the raising of that one who had been condemned with the priest in banishment to one that was to be without question the queen, or the advisor to all of her own peoples, there was brought the idea of the preservation of these, not only for those in the present but for the generations that were to come in the experiences and experiences throughout that period, until the changes were to come again in the earth's position that would make for, as it had in this inundation that brought about Ra-Ta's coming in the experience from the gods in the Caspian and the Caucasian mountains, that had brought this change in the peoples. Hence under the authority of Ra, and Hermes as the guide, or the actual (as would be termed in the present) constructing or construction architect with the priest or Ra giving the directions - and those of Isis (now) in the form of the advisor - for the laying in of those things that would present to those peoples the advancement of the portion of man, or woman, to her position in the activities of the human race or human experience, these changed the position or attitude of these particular peoples as to the position that was held by woman in her relations to the developing of the conditions that either were to be national, local, or individual; for not only does this become then that upon which man depends for those advancements or advents into the material activities, but the nourishing of, the maintaining of, that to which its (the man's) ideals are to be turned in their activity when they arise at that period when expressions are to be given to the active forces in the material activities.

This, then, made for an endowing of this body Iso, or Isis, to the position of the first goddess that was so crowned, and there was given then that place that was to be sought by others that would gain counsel and advice even from the priest, gained access through that of Isis to the Throne itself. Not that it rose above the authority of the king, but for that developing necessary for the activities of the woman in those spheres of activity in this particular development.

Then began the laying out of the pyramid and the building of same, the using of those forces that made for the activity of bringing then from those very mountains where there had been those places of refuge that which had been begun to establish these, not only into that which would remain as the place for receiving that which had been offered in the Temple Beautiful on the various altars of the activities of an individual's innate self, but to be the place of initiation of the initiates that were to act in the capacity of leaders in the various activities through this period. This building, as we find, lasted for a period of what is termed now as one hundred years. It was formed according to that which had been worked out by Ra-Ta in the mount as related to the position of the various stars, that acted in the place about which this particular solar system circles in its activity, going towards what? That same name as to which the priest was banished - the constellation of Libra, or to Libya were these people sent. Is it not fitting, then, that these must return? as this priest may develop himself to be in that position, to be in the capacity of a liberator of the world in its relationships to individuals in those periods to come; for he must enter again at that period, or in 1998.

In those changes then brought about in these relationships, those who had acted in the capacity of the go-betweens, or the establishing of the closer relationships with Ra-Ta and those acting in the capacity of the leader, or of the council, and of the king himself - then we find the establishing of the king's household; then we find begins the bodily adornment, and the first preparation for such was of the linens that have not as yet been attained in this particular period, since that as was set by those who established this linen development from the cottons, and the hemp, and the papyrus flowers and lotus flowers of this particular period.

In and with these became the preparing of the Temple Beautiful for a more perfect place of preservation of those things that were to make known later in the minds of peoples, as the changes came about in the earth, the rise and fall of the nations were to be depicted in this same temple that was to act as an interpreter for that which had been, that which is, and that which is to be, in the material plane.

We are through for the present.

294-
L-17

This psychic reading was given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Virginia, this 29th day of July, 1932, in accordance with request made by Edgar Cayce himself, at 4:45 p.m.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

PREHISTORY, Egypt: RA-TA Period
(Historical Basis for EC's Power)
Part III

READING

(Continuance of Egyptian experience as Ra-Ta)

Mr. Cayce: Yes, we have the information that has been given.

With the building of that memorial, there were the developments in many - or every - other line of human experience and development. These were the natural development of the ideal that was held by the entity Ra-Ta from the beginning, for these were man's relationship to his Maker, man's relationship to his fellow man.

As this memorial progressed, so did the progression in the activities of individuals and groups grow. As has been intimated in the types of homes, of cities, of every character of physical, mental and spiritual manifestations. The symbolized ideas in the homes, in the buildings, and the acceptance of this, that or the other that contributed to the welfare of man, found an individual that claimed - or set about to, in some form, add that to their contribution of man's development. Hence as the Ibex, the scarab, the sacred ox, the sun, the eagle, and those in nature of every character that aided or abetted in representing an ideal of an individual brought into prominence by their ability to preserve same in some manner of form.

The decorations in Temple Beautiful became more elaborate. These, with the supervision of Isis (now), and with the spiritual influence of Iso, brought more and more attendance of that part of man's development. As did also in the temple of recreation, where now only those that had gained that position where their bodies in form presented the human form divine, or the lines that were seen by the carvers in stone, the workers in brass, the moulders in iron, the wrought in gold of Ra, and those women that aided and assisted in the ministering to the individuals through the guiding of those truths found by their continued association with the spiritual truths that more and more became apparent in their physical activities.

Also there were then with those of Ra born other children, that were to rise in their various capacities, that their activities would be carried on. With this again brought contentions among the civil and political factions of the land. This again brought the disturbing forces in Ra, and there came then that period when all the pyramid or memorial was complete, that he, Ra, ascended into the mount and was borne away.

Ready for questions.

Q-1. As each of the following individuals are named, you will give my association and relationship with each at that time, and the attitude I should bear to each in the present for our best development:

First, Araaraart.

A-1. As given, the king; and the attitude - as ever - those of a fearful understanding, that makes for the continued advancement or the continued activity toward that which brings contention. How may these be for the best development? United in the one cause, for the development of the fellow man in its relationships to the Creative Forces in the universe, and their activity in same, and the relationships of man to man.

281-42,11/1/39,A.R.E. Prayer Group re. their individual work in Egypt with EC: 281-42

Yes, we have the work, - psychic work of Edgar Cayce, as called in the present; together with the work of the Glad Helpers, or Prayer Group, in the present.

This as we find IS related. As to how, and the manners in which activities through that experience may affect individuals, or the psychic work as attempted in the organized manner in the present, would become rather individual problems.

For, each through that individual experience passed through, and acted in accord with, those influences as were brought to bear during that particular sojourn.

Many sojourns through the material activities in the earth have altered the purpose, the desire of the individuals; yet--as may be indicated in material environs in the present--when an individual experience is aroused in an individual (though it may be a latent consciousness) it becomes an influence, especially in the activities of those in a GROUP force or power.

These, then, may be given as an indication of what were the activities of some, or part, or all of the group here; some that are here present in person as individuals, some that are present in their influence or power (or, as ye would say, spiritually), others through desire in varied forms or manners of expression.

Then, if it is practical to put activities of that period in the present day language, or words, - let's give a review of the happenings of that period; what was attempted, what was accomplished, and what influence that had upon the souls--or the entities--of individuals who may be influenced, or who are working with this group, through such information as may be supplied through this channel in the present:

Here we find, first, an individual with a desire, a purpose, - not for exploiting people, or individuals, or souls, but to build an influence within the experience of individuals in material life.

This Priest was not merely the director of the spiritual counsel of that body of people who entered Egypt, but of that activity in which ALL phases of man's endeavor were, in the experience, being acted upon.

What was the knowledge, the motivating force in the experience of that individual? Was he a prophet sent, as ye look upon the teachers through the various eras or ages of man's endeavor? Or was he an individual with an idea that grew, under the law, into an ideal?

In interpreting this we will find many questions that may have oft disturbed many may be answered, as respecting those groups, those individuals who may be even in the remotest sense interested at present in the psychic work of the man called Cayce.

The Priest was an individual who had received inspiration from within. And, realizing that such an influence or force might be given to others in their search for WHY and WHAT were their purposes in material life, he then sought out one who might foster such a study in materiality.

Thus, from those places that were a portion of what is now called the Carpathias, he came with a great horde, or a great number (as to individual souls, numbering nine hundred), into the land now called Egypt.

WHY Egypt? This has been determined by that leader or teacher (not physical leader, but spiritual interpreter or guide) as the center of the universal activities of nature, as well as the spiritual forces, and where there might be the least disturbance by the convulsive movements which came about in the earth through the destruction of Lemuria, Atlantis, and--in later periods--the flood.

What were the factors, ye ask, which determined this in his mind? or from what concept did the entity gain that knowledge? Was it just a

concept, just a revelation, just a physical analysis, or what?

When the lines about the earth are considered from the mathematical precisions, it will be found that the center is nigh unto where the Great Pyramid, which was begun then, is still located.

Then, there were the mathematical, the astrological and the numerological indications, as well as the individual urge.

Ye say, then, such an entity was a god! No. No, - ye only say that because there is the misunderstanding of what were the characters or types of spiritual evolution as related to PHYSICAL evolution in the earth at that period.

As an illustration (this merely illustrating, now): It is hard for an individual, no matter how learned he may be, to conceive of the activities that exist only three miles above the earth. Why? Because there are no faculties within the individual entity in the present CAPABLE of conceiving that which is not represented within this individual self.

Yea, - but the individual of that period was not so closely knit in matter. Thus the activities of the realms of relativity of force, relativity of attraction in the universe, WERE an experience of the souls manifesting in the earth at that period, see?

Thus we find that the experiences of individuals of the period, seeking for the understanding as to the evolution of the souls of man, might be compared to the minds of individuals in the present who are seeking an understanding as to man's use of physical or atomical structure in his own relationships.

Then, the individual of that experience or period was not necessarily one other than a soul or entity seeking the knowledge as to the relationship of that which would sustain and gain FOR man the abilities not only to continue the physical evolution but the spiritual or soul evolution as well.

Such an one, then was Ra, - or Ra-Ta.

(Study this, or you won't understand it!)

Then, with his entrance into Egypt, with the proper place, the proper relationships with that activity, - which was indicated by the willingness of the peoples of that land, in the greater extent, to be led into those activities for the physical as well as the mental and spiritual developments of the period, - we find that there were the activities in which the King with his council found fault with the actions of the Priest, because of the indications that there was not the adherence to that he demanded of others, in his own life or experience. *

Then there entered what may be termed the desire of a group to IMPOSE the teachings on the people; not to teach man by experience (as was the Priest's desire--if you call him such) what relationships he must bear in every extent and phase of his life, to his fellowman, that he may understand through same the phases of the mind, the phases of the soul.

Ye see it only in physical reactions. So did many of those who were in authority in Egypt.

Hence there came the banishment of the Priest, with the companion, as well as the many numbers of those who chose to be banished into the Abyssinian land, who were attracted by the natural intent and purpose of the Priest, - not only those of his own peoples but many of the Natives.

Then there followed the nine years in banishment; as well as the periods of the uprisings of the Natives in rebellion, and also those of the King's own household in the Ibex; as well as the entrance into Egypt of the peoples from the Atlantean land, which had begun the breaking up--as had been told by that entity, the Priest.

Here we will rest for a period.
We are through for the present.

*GD's note: See 294's early readings which indicated his psychic work this time would always be judged by his spiritual life.

281-43, 11/8/39 re. EC and A.R.E. Prayer Group: 281-43

Yes, we have the psychic work of that one called Edgar Cayce; with the desires and purposes of the Prayer Group, in relations to same; and the information that has been given respecting that period in material activity.

When the Atlanteans in that experience began to influence the spiritual and moral life of the Egyptians, under those turmoils which had arisen through the Rebellions as indicated, there came that desire, that purpose--especially on the part of the Natives, as well as those who had been adherents partly to the tenets of the Priest--that the Priest be returned, that there might be a better understanding. For the Native leaders, especially, realized that their own activities or representation in the spiritual, moral and religious life would be destroyed if there was the adhering to the tenets being presented by the Atlanteans.

And, as might be termed in the present, some indicated that the Priest alone would be a match for those activities of some of the stronger or more forward Atlanteans. For they had brought with them (as had the Priest) many THINGS, or individuals, or entities, that were without purpose, - or merely automatons, to labor or act for the leaders in the various spheres of activity.

And, as the Natives found, such beings were being classified or judged to be such as many of the Natives of the land.

Hence there were overtures made to the ruler, and to those in authority with same, that the Priest be recalled. And thus we had the entering in of those activities as were begun as related to many of those who are associated in the Prayer Group work in the present; many here, as well as many others in varied experiences or places of activity in the material world in the present.

With the return of the Priest there began the choosing as to who was to be considered in authority, in the spiritual precepts. And there was the activity of the Priest in choosing entities, individuals from all walks of life, all stations, - whether in authority in the political or the economic, or the general affairs of the land.

Thus, as has been indicated, there arose the needs for the Temple of Sacrifice, where entities, individuals, might offer themselves for the purification of their bodies, that they first might be channels through which there might come entities, souls, manifesting in the earth with the entire activity of body, mind, soul. It was the same intent as had been the purpose of the Priest, in the choice of that individual through whom the pure race, the pure activities of a better purpose might be made manifest.

This, to be sure, caused a great deal of discussion, dissension, among the leaders in those groups of the Atlanteans. Thus, as has been indicated, there were the needs for the Priest to enter into that period of meditation, of setting himself aside, purifying through continuous prayer, continuous seeking, continuous opening of those forces. And, as we have indicated, there was then much less of that interference that arises from carnal forces as manifested in material associations.

Just as may be illustrated in the appearances of individuals in varied spheres of activity within the material plane. In one experience it may appear that they have filled, have exercised spiritual aptitude, while in another the spirit of dissension or disputations. And, judged from standards as might be of an individual interpretation, individuals lost. Just as might be interpreted from the teaching of the Teacher of teachers in those periods of His activity in the material plane.

Thus we had the Priest's rejuvenation, or the turning back of age as it were, or those conditions which would hinder the activities. And this began that period in which even members of the present Prayer Group prayed and meditated with the entity; not in companionship, to be sure, but in their OWN desire that there might be a unifying of the purposes, the desires. And with these expressions there were those who chose the activities that were set in motion for the purifying of their bodies, that there might be the purifying of physical conditions which had been and were being affected by the emotional forces, or the carnal influences about them in the experience. Such activities might be best expressed or explained by comparing same to the present hospitalizations; where there might be operative measures used for the removal of such as tumors, breaks, growths or the like.

After the purification (which took some six and a half years, as time would be measured in the present), there began the classifying of services of individuals in their activity through the various offices that were undertaken during that period of the greater prosperity through the Egyptian experience. For there was not only the adding to the monuments, but the Atlanteans aided in their activities with the creating of that called the Pyramid, with its records of events of the earth through its activity in all of the ages to that in which the new dispensation is to come.

Then, with such activities, the various groups began their preparations through not only the Temple of Sacrifice but the Temple Beautiful also. The Temple of Sacrifice was a physical experience, while the Temple Beautiful was rather of the mental, - in which there was the spiritualization - not idolizing, but crystallizing of activities or services to a special purpose, - or specializing in preparation for given offices of activity.

Hence from same has arisen a great many of the signs, the symbols, the various influences that have had and may have a part in influencing peoples and individuals, - dependent, to be sure, upon how much of the will is exercised in regard to same, - toward activities for greater expansions, greater developments.

So we had the foundation of the Prayer Group.

- - - - -

Then, if there will be held that which is in keeping with what the Teacher of teachers taught, and that applied in the daily life, - not because it was once a part of an Egyptian custom, nor an Egyptian service, - it will bring the greater contentment and peace within the consciousness of those who do apply same in their daily life.

DO NOT, then, meditate for form! DO NOT enter in for LONG prayer. Rather he that would be justified is much as were those who purified their bodies from appendages, - such as tails, feathers, wings, and portions of the natural sources. For, remember, LAW is law! And law is love. And love is God.

Then, let those that would offer themselves as a channel, as a means of being an aid to the activities of the Priest, or Cayce, do so not AS unto Cayce, but as to that FOR which the service to others stands! knowing, even as then, that unless the service of Cayce is offered in the manner in which he as the Priest offered it, it can be of no avail.

Let all hold, then, to that first of love, then patience, then kindness, then being no respecter of persons, - but respecting the desire of the Spirit as made manifest by the activity of the individual.

We are through for the present.

RA TA Period: Egypt, PREHISTORY
(Historical Basis for EC's Power)
281-44

This Psychic Reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 29th day of November, 1939, in accordance with request made by the Prayer Group of the Ass'n for Research & Enlightenment, Inc., - 3:05 to 3:25.

P R E S E N T

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno. Florence Edmonds, Hannah Miller, Esther Wynne, Helen Ellington, Ruth LeNoir and Thomas Sugrue.

R E A D I N G

HLC: (Same suggestion as last time.)
Mr. C: Yes, we have the psychic work of Edgar Cayce, the Prayer Group and the relations to same that have been indicated, - through that as indicated or given of the Egyptian experience.

As has been given, varied members of the present group, as well as others, were active during that experience, - aiding through prayer, meditation and LIVING each day among their associates in such ways as to be in keeping wih that for which they prayed and meditated.

So, in the present--as there are the attempts, through the various phases or stages of the application of psychic information--it behooves each member of the group present, as well as those who may be influenced or induced (by their own choice) to become members of such a group, to live such a life (as in that experience) as may not be questioned, even by self.

Also it behooves them to so meditate and pray as to aid the entity, Edgar Cayce, as an individual, in such a way and manner as to bring more and more into the consciousness of those who seek through these channels the effect of the living water, the bread of life, the fruit of the spirit.

Thus ALL may come to be in that position of living holy, acceptable lives unto Him, - who is able to keep that which has been committed unto each, in such measures that they, too, may be the light shining in darkness; leading others to their great opportunities, their great abilities.

- - - - - - - - - - -

As to what office each is to fulfill, - such things are not mandatory but rather that "Whosoever will" may present self. Thus there may be harmony, unity, oneness of purpose in Him; that He, the Christ, may be magnified in your lives more and more.

READY FOR QUESTIONS

Q-1. How does the individual become active in the present, as did those individuals in that experience who were not so closely knit in matter?
A-1. Just as indicated. There are many of those who are active by choice. "Choose ye this day whom ye will serve!" How? By Choice!

Q-2. What is meant by automatons who labored in that experience? Were they individual souls developing, or was it spiritual evolution?
A-2. Both, and neither. They were the offspring of the Sons of God with the Daughters of Men, or vice versa.

Q-3. What part of the service in the temple might be applied or used beneficially now?
A-3. Purifying of self, in body and in mind.

Q-4. Please give an explanation, in so far as our understanding permits, of the methods and techniques used at that time, in order to cleanse the physical bodies of their animal characteristics and other undesirable conditions?
A-4. The passage of individuals (to be sure, by choice) through the experiences in the Temple of Sacrifice was much as would be in the hospitalization, or a hospital of the present day, - when there have become antagonistic conditions within the physical body, such as to produce tumors, wens, warts, or such.

Magnify this into the disturbances which were indicated, or illustrated in conditions where there was the body or figure of the horse or the head of the horse with the body of man; or where there were the various conditions indicated in the expressions by the pushing of spirit into physical matter until it became influenced by or subject to same. Such influences we see in the present manifested as habit-forming conditions.

Then there are, or were the needs for the attempts to operate, as well as to adhere to diets and activities to change the natures of the individuals; that their offspring, as well as themselves, might bring forth that which was in keeping with - or a pattern of - those influences in which there were SOULS or spirits with the idea, or ideal, of seeking light.

For, how is it termed in the record? That the heart and purpose of man is to do evil!

- - - - - - - - - - -

In the present when evil has taken hold, it forms itself into those influences which are called habits, or inclinations, or intents; and it is necessary to eliminate these from the purposes and aims and desires of individuals.

So were the experiences through those activities in the Temple Service of what is known as the Temple of Sacrifice; sacrificing self that the spirit, the purpose, the love of God might be made manifest through the individual.

Q-5. Who was that individual "sought out" by the Priest to aid him?
A-5. The former King, who entered with his people into the Egyptian experience, - as has been indicated heretofore.

Q-6. How did the individuals in the present prayer group work individually with the Priest, and how should they work in the present?
A-6. As outlined, with their present abilities and possibilities, and desires and hopes, they are to apply themselves in those directions in which they may be ONE in purpose, in desire.

Q-7. What was the character of the Atlantean teachings, that the Priest was called back to counteract?
A-7. That all those who were without sufficient of the purposes to seek the whole light, because of the very influence of the appendages and conditions which had been manifested in materiality such as to make them "things" were to be kept submerged to be used by those with greater abilities. The Priest held that these were one, and that such conditions offered the possibilities through which each soul might find a way of escape, - by and through the purifying of the body in each experience, that the activities of same--in its passage through the various experiences necessary--might eventually become channels thru which blessings, and knowledge of the divine influence and force, might be made manifest.

We are through for the present.

877-10 (L-3)
This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., this 10th day of September, 1936, in accordance with request made by the self - Mr. [877], Active Member of the Association for Research & Enlightenment, Inc.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno., L.B. Cayce

READING

Time of Reading ...Broadway
11?10 to 11:40 A.M. Eastern Standard New York City

(Ck. Life reading on Gobi appearance)

Mr. C: Yes, we have the records here of that entity now known as [877], in the experience as Muzuen, the son of My, in that experience as the Prince in the Gobi land.*

These experiences become rather hard to indicate in the present language and status of activities of individuals in those experiences.

In giving then that as may be helpful, in giving the influence of that experience upon the present entity, it is well that we turn rather for the moment to the records of the land as a whole without respect to a personality but rather as the histology or history, in which environ the entity, the son of Mu, or Muzuen, came in that experience.

The land was among those in which there was the first appearance of those that were as separate entities or souls distangling themselves from material or that we know as animal associations. For the projections of these had come from those influences that were termed Lemure, or Lemurian, or the land of Mu.

These then we find as the period when there was the choice of that soul that became in its final earthly experience the Savior, the Son in the earth indwellings, or of those as man sees or comprehends as the children of men.

The land under those influences of Mu became as what would be termed in the present as among or the highest state of advancement in material accomplishments for the benefit or conveniences for man's indwelling, or the less combative influence of the elemental or of that man knows as nature - in the raw.

These activities then included those things known as colonies or groups that were gathered for a common purpose, and submitting themselves to an order as might be proclaimed by one of their own number. Or Mu, the ruler, the prophet, the sage, the lawgiver, as of this particular group.

*Mention of this land's contacts with Egypt and the contemporary activities of Ra-Ta make it possible to date this era around 10,000 B.C.

This influence or force covered something like what would be termed now a hundred and two thousand square miles of domain. This land or domain then was at that stage or period of advancement when there were those things from which clothing and leather were made, and materials for building. And here, as may be discovered when these are excavated, the greater use of timbers or wood as a building material was exercised just prior to the entrance of the entity, Muzuen, into this environ.

Flax, cotton, ramie, silk and such properties were in active use; as were workers in the metals - gold, silver, lead, radium.

All these had been and were in use by those peoples under these environs, when the entity entered into the experience - a period that collaborated or made for what would be called collaboration of the teachings of Saneid, Ra-Ta, Og, and the remnants of the Atlantean experience.

It was when there was the unity, (for these peoples were among those that first held to that called monogamy in their relationships in that land) at the period or age in the experience of the mating period, or as would be termed now sixteen summers, that the entity was proclaimed as the heir, as the accepted prince as would be called today - then called Zu-zezn.

There was the beginning of the building of the temple of gold, or overlaid - its beams, its walls, its panelings - with many colored, polished woods.

There was the conservation of the natural resources and expenditure for those that would make for the greater peace or happiness, or convenience for the individuals as they began their activities for a purposefulness in a given experience.

The entity in its associations, by the heralding of this union of purpose from the varied centers as proclaimed by Ra, or Ra-Ta, journeyed forth into the lands of those various groups. While these brought many a disputation in the various centers, for the varied activities that were to the entity abhorrent in their influence, there was brought a greater union for a period and a breaking up among his own peoples later.

A description of the entity, and of the household and of the ruling forces, comes.

Stature, what would now be five feet eleven inches. Blue of eye. Hair dark gold. Six-fingered; five-toed.

In dress; leather, linen, cotton, silk - in their varied seasons, their varied activities. Not given to ornaments as much as many, and this gradually turned the peoples from personal adornment to their home, their cities, their recreation places, their preparations for defense, their preparation for offense.

And during the entity's experience when the greater warning was through the destruction of the mighty forests to the north, upon what are now the mountains of lime, salt and sodas, the entity in these combinations saw the development of what are now called explosives

PREHISTORY, Gobi

for defense. Armors were not of this people, though later became a part of same.

Ornaments, adornments; the finer works in laces, fabrics, spun gold, silver, carved ivory and the like - these were the portions.

We would rest, and finish later.

We are through for the present.

* * *

R E A D I N G 877-11 (L-4)

Time of Reading 11:25 to 11:45 A. M. Eastern Standard ... Broadway, New York City.

(Check Life reading on Gobi appearance)

Mr. C: Yes, we have the records here and that interpretation of same that has been begun. This we find while brief should make for the understandings for the entity to apply those lessons, those tenets as manifested in that experience, and as find expression in the innate emotions or the inner self - intuitive, or the dream.

As to the manner of defense and offense, as has been indicated, much that is yet to be found again was a part of those preparations in those periods. For these that had to do with the setting of long-period drums for defense in which there might be any attempts by others to interfere, to cause their own undoing.

To these the entity in its activity gave way from. Hence we find in the present experience the entity while a pacifist, not only with that of offense but defense as well, is rather innately a prepared pacifist.

As to the manner of locomotions in the experience, the entity injected much of that which - when there is the discovery of the Temple of Gold - will be found; lifts or elevators, the one-line electrical car, the very fast aerial locomotion - these were a portion of those experiences with which the entity had much to do.

The communications - not the telegraph as is known today; more of that of the voice transmission of quite a different type and nature.

In the personal activities, while the entity's predecessor was a teacher, a lawgiver, the entity was rather one in the experience that applied self to making for a closer union with all of the groups of this great land. Yet the economic conditions were kept in what would be called in the present as the usage and activities that made for such that only those who applied themselves and as they applied made for the receiving of the benefits from same.

Here was the entity's coinage of that "He that labors not eateth not." Also that which would be called very out

of the way in the present, there were those applications of eugenics - as would be called that by the entity - in relationships with those peoples. This, to be sure, brought not only a great peoples but rather brought great dissension...

These we find the entity carried on much more in those directions after the associations with the various lands and teachings, as has been indicated; stirring up, as has been given, dissensions in some, peace in others, bringing many into the own environ - and to the own undoing of the peoples later.

In age, as to the years of the experience, if governed by time as counted in the present, the entity lived to a hundred and eighty and six years (186).

Ready for questions.

Q-2. Please emphasize the bearing of that life on the present.
A-2. As has just been given; those experiences make for innate urges as well as intuitive forces that arise in dreams and visions and experiences, and those things to be warned of - not too dictatorial in giving out that but rather be sincere in self and in application, and we will find the greater help to others.

Q-3. What was the basic philosophy of that day?
A-3. He who eats must produce same; that was the material relationship. The spiritual philosophy was that the relationships of the Father through the soul forces manifest themselves in given periods or messages to those that were called to act in the capacity of the priests.

Q-5. Please explain the economic and monetary system of that period.
A-5. This would require a period in itself!

Q-6. What was the relationship then between my present father /1009/ and myself?
A-6. The father was a guard in the protection of the body, physically - or what would be called a bodyguard.

Q-7. My brother-in-law, /1251/?
A-7. Keeper of the records for the entity, or what would be called the clerk...

We are through for the present.

* * *

READING 877-12 (L-5)

(Check Life reading on Gobi monetary system)

Mr. C: Yes, we have the records here of the entity now known as or called /877/; also those interpretations that have been given of these experiences thus far in the Gobi land.

In stressing those particular phases of the economic conditions that existed in the land in that experience, we find:

PREHISTORY, Gobi

The entity was among the first to establish an exchange between other lands, owing to those associations that were begun with the lands now known as or called India, Egypt, Caucasia, Pyrenees and those of the latter portions of the Atlantean land - in these periods, or this particular period in the Gobi land - as in most of the others save the Atlantean; or these groups, or this people of Mu, or - as indicated - Muzuen, the son of Mu that had first builded this particular city or group that became or was the City of Gold - or Golden City; as we have indicated should be later discovered.

The peoples lived in the main within themselves, or among themselves. Those of this particular group were less of class than in the Atlantean or the Indian. Hence the peoples were equal in their positions from the social aspect.

The forming of the moral and the penal codes ... First, this would be a literal interpretation, and not what would be in that speech in that day - though this may be given if it is sought:

He that labors with the hands is deserving of the fruits and advantages of the labors.

Do to thy neighbor as thy neighbor does to thee; but as ye would that he should do, then do to him.

In these alone were the activities of this peoples.

As to the exchanges - as there developed the various types or characters of labors - the hewers of wood, the drawers of water, the dressers of skins, the hunters, and then to be sure the agricultural activities as would be termed in the present - there was the one <u>common</u> storehouse, and the daily labors in each of the activities were as the labors of those that worked or labored in others' activities, and were as one against another.

There were also those in this entity's activity that were of the indigent and of the young that had no parentage or support, and those that were lame or blind. Those very <u>old</u>, as would be termed today, were <u>mercifully</u> put away.

In those activities with the associations with other groups, other nations, this group or this nation or this people first made what would today be called coin, which was of gold. It was almost square but with a hole in same smooth but edged that it might be known from other groups that gradually used the same - and was changed to this when it was found that the Atlanteans' were almost the same. Holes in same and strung to be worn about the waist or about the neck. These - as the exchange then - were as so much daily labor or exercise. There were <u>no</u> individuals that did not labor if they were above twelve years of age, unless they were ill, lame or blind or with child - others <u>all</u> labored! There were <u>no</u> individuals that did nothing!

As for the groups in its own land, as has been indicated, the worshipfulness was in a temple where those gathered that made for speech-making. There were no priests as in many other lands. They were <u>all</u> those that spoke and would be called a forum, or more as a group known in thine own land as the Quakers - who spoke when they were

moved by not anxiety, not wrath, but by the spirit of thoughtfulness - or the recognizing of Mind, the Builder. But the laborer was heard as well as those that were of every trade as would be termed in the present.

In the exchange between those of other lands, when these associations were established, there were the spices from India, linens and cut stones from Egypt. These were especially for the women.

There was equality between the sexes during that experience. There was only, as has been indicated, monogamy; not polygamy ever practiced among these peoples. The rights of each were the rights of the other. When by injury, wrath, accident the mate was destroyed or killed, or by death, then the choice was made by the individual and seconded by those that were in the authority as to judgments. But those that judged were as the common people, as those in authority. For only the Prince, only those of the household of the Prince were the last word - but they never as lords, priests, presidents or dictators, but as interpreters OF the law between man and man! And all interpreters were moved to speech, or moved by the spirit in that ye call religion in the present, though these later - with the mixing of those from India and especially from Caucasia - made for disturbances in the second generation after Muzuen.

Ready for questions.

Q-3. Did they have a Government Bank, and if so, how did it function and what were its powers?
A-3. As each labored, as each saved, this was given as to each individual. It was not Government - for it was of all the people, and there was only the one source of the exchange or the supply, that all belonged to all.

Q-5. What was the system of taxation?
A-5. There was no taxation. ALL LABORED; hence not necessary for taxation. For they were all the Government, for all were as one. A common storehouse, a common bank, a common activity throughout in each; each giving as it were the day for that of a piece of gold. A piece of gold then was a day's labor. Not as dollars, not as cents, not as shillings, not as pence, not as livres, not as any of those used at present; but each piece represented a day's labor, and the women and the children were the same as the men - for each represented their ability to give that they could in their own respective activity, and each - for it was all for the one, and one for all.

Q-6. In trading with other countries, what was used for money? i.e., Foreign Exchange?
A-6. These same pieces as has been indicated, that were changed then - that is, edged - or etched; but no figures, no individual heads. These came later. But holes in same; almost square pieces, strung.

Q-11. What part did [1256] play...?
A-11. ...Appointed to that of judging the valuations of spices, of linens, to those of the day's labors as they were given to individuals. The exchange was made, put in the common storehouse and the individual aided in the making for the valuation to the individuals, to those from whom such were exchanged.

This psychic reading given by Edgar Cayce at the home of Mr. and Mrs. Ernest W. Zentgraf, 400 St. Paul's Ave., Stapleton, Staten Island, N.Y., this 12th day of November, 1933, in accordance with request made by Mrs. Ernest W. Zentgraf, Active Member of the Ass'n for Research & Enlightenment, Inc.

PRESENT

Edgar Cayce; Hugh Lynn Cayce, Conductor; Gladys Davis, Steno.; Zentgraf Family; Mr. & Mrs. MacBeth; Mr. & Mrs. Clark; Mr. & Mrs. Wilson.

READING

Mayan Civilization

Time of Reading
4:40 to 5:15 P. M. Eastern Standard

5750-1

HLC: You will give an historical treatise on the origin and development of the Mayan civilization, answering questions.

Mr. C: Yes. In giving a record of the civilization in this particular portion of the world, it should be remembered that more than one has been and will be found as research progresses.

That which we find would be of particular interest would be that which superseded the Aztec civilization, that was so ruthlessly destroyed or interrupted by Cortez.

In that preceding this we had rather a combination of sources, or a high civilization that was influenced by injection of forces from other channels, other sources, as will be seen or may be determined by that which may be given.

From time as counted in the present we would turn back to 10,600 years before the Prince of Peace came into the land of promise, and find a civilization being disturbed by corruption from within to such measures that the elements join in bringing devastation to a stiffnecked or adulterous people.

With the second and third upheavals in Atlantis, there were individuals who left those lands and came to this particular portion then visible.

But, understand, the surface was quite different from that which would be viewed in the present. For, rather than being a tropical area it was more of the temperate, and quite varied in the conditions and positions of the face of the areas themselves

In following such a civilization as a historical presentation, it may be better understood by taking into consideration the activities of an individual or group - or their contri-

bution to such a civilization. This of necessity, then, would not make for a complete historical fact, but rather the activities of an individual and the followers, or those that chose one of their own as leader.

Then, with the leavings of the civilization in Atlantis (in Poseidia, more specific), Iltar - with a group of followers that had been of the household of Atlan, the followers of the worship of the ONE - with some ten individuals - left this land Poseidia, and came westward, entering what would now be a portion of Yucatan. And there began, with the activities of the peoples there, the development into a civilization that rose much in the same manner as that which had been in the Atlantean land. Others had left the land later. Others had left earlier. There had been the upheavals also from the land of Mu, or Lemuria, and these had their part in the changing, or there was the injection of their tenets in the varied portions of the land - which was much greater in extent until the final upheaval of Atlantis, or the islands that were later upheaved, when much of the contour of the land in Central America and Mexico was changed to that similar in outline to that which may be seen in the present.

The first temples that were erected by Iltar and his followers were destroyed at the period of change physically in the contours of the land. That now being found, and a portion already discovered that has laid in waste for many centuries, was then a combination of those peoples from Mu, Oz and Atlantis.

Hence, these places partook of the earlier portions of that peoples called the Incal; though the Incals were themselves the successors of those of Oz, or Og, in the Peruvian land, and Mu in the southern portions of that now called California and Mexico and southern New Mexico in the United States.

This again found a change when there were the injections from those peoples that came with the division of those peoples in that called the promised land. Hence we may find in these ruins that which partakes of the Egyptian, Lemurian and Oz civilizations, and the later activities partaking even of the Mosaic activities.

Hence each would ask, what specific thing is there that we may designate as being a portion of the varied civilizations that formed the earlier civilization of this particular land?

The stones that are circular, that were of the magnetized influence upon which the Spirit of the One spoke to those peoples as they gathered in their service, are of the earliest Atlantean activities in religious service, as would be called today.

The altars upon which there were the cleansings of the bodies of individuals (not human sacrifice; for this came much later with the injection of the Mosaic, and those activities of that area), these were later the altars upon which individual activities - that would today be termed hate, malice, selfishness, self-indulgence - were cleansed from the body through the ceremony, through the rise of initiates from the sources of light, that came from the stones upon which the angels of light during the periods gave their expression to the peoples.

The pyramid, the altars before the doors of the varied temple activities, was an injection from the people of Oz and Mu; and will be found to be separate portions, and that referred to in the Scripture as high places of family altars, family gods, that in many portions of the world became again the injection into the activities of groups in various portions, as gradually there were the turnings of the people to the satisfying and gratifying of self's desires, or as the Baal or Baalilal activities again entered the peoples respecting their associations with those truths of light that came from the gods to the peoples, to mankind, in the earth.

With the injection of those of greater power in their activity in the land, during that period as would be called 3,000 years before the Prince of Peace came, those peoples that were of the Lost Tribes, a portion came into the land; infusing their activities upon the peoples from Mu in the southernmost portion of that called America or United States, and then moved on to the activities in Mexico, Yucatan, centralizing that now about the spots where the central of Mexico now stands, or Mexico City. Hence there arose through the age a different civilization, a mixture again.

Those in Yucatan, those in the adjoining lands as begun by Iltar, gradually lost in their activities; and came to be that people termed, in other portions of America, the Mound Builders.

Ready for questions.

Q-1. How did the Lost Tribe reach this country?

A-1. In boats.

Q-2. Have the most important temples and pyramids been discovered?

A-2. Those of the first civilization have been discovered, and have not all been opened; but their associations, their connections, are being replaced - or attempting to be rebuilt. Many of the second and third civilization may never be discovered, for these would destroy the present civilization in Mexico to uncover same!

PREHISTORY, Mayan

Q-3. By what power or powers were these early pyramids and temples constructed?

A-3. By the lifting forces of those gases that are being used gradually in the present civilization, and by the fine work or activities of those versed in that pertaining to the source from which all power comes.

For, as long as there remains those pure in body, in mind, in activity, to the law of the One God, there is the continued resource for meeting the needs, or for commanding the elements and their activities in the supply of that necessary in such relations.

Q-4. In which pyramid or temple are the records mentioned in the readings given through this channel on Atlantis, in April, 1932? #364.

A-4. As given, that temple was destroyed at the time there was the last destruction in Atlantis.

Yet, as time draws nigh when changes are to come about, there may be the opening of those three places where the records are one, to those that are the initiates in the knowledge of the One God:

The temple by Iltar will then rise again. Also there will be the opening of the temple or hall of records in Egypt, and those records that were put into the heart of the Atlantean land may also be found there - that have been kept, for those that are of that group.

The records are One.

We are through for the present.

Copy to Mrs. Ernest W. Zentgraf

Copy to Ass'n file

* * *

3019-1
(MS-1)

This psychic reading was given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Virginia, this 24th day of May, 1943, in accordance with request made by the self - Mrs. 3019, new Associate member of the Association for Research and Enlightenment, Inc., recommended by Miss 350.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Stenographer.

READING

Time of Reading — New York City
10:50 to 11:10 A.M., EWT.

Mrs. Cayce: You will have before you the entity, 3019, born September 6, 1893, in Alexandria, Indiana, who seeks information, advice and guidance as to her life and work, particularly in relation to healing. You will answer the questions as I ask them.

Mr. Cayce: Yes, we have the entity here, 3019.

In giving advice or counsel respecting spiritual healing, WHO is to judge as to whether correct methods are used or not? This comes much as the question that was asked the Master when the brother asked, "Make my brother divide the inheritance with me." His answer: "Who made me a judge among men?"

There is one judge - that is the divine within self. And the judgment in self is "My spirit beareth witness with His spirit."

To each individual soul has been given the privilege, yea the opportunity, to become a co-worker with the Lord among his brethren. And it must depend upon the individual entity as to what power, what influence, is accredited with the individual's power of concentration and of aid to others.

As recorded when individuals saw Paul heal those individuals at Laodicea, even by the sending of a kerchief or by the laying on of hands - and there was the attempt of others to apply the same character, or to produce the same manifestation - there was the speaking out of those forces that would be hindered, in saying: "Jesus we know. Paul we know. But WHO art thou?"

There is within each individual entity the soul, the mind, the body. By those rituals within self, and magnetic power, there may be produced that which may have an influence upon others. For, as the Master gave, "He that receiveth a prophet in the name of a prophet receives a prophet's reward."

That does not indicate as to whether such is done to the glory of self, to the honor of the individual, or to the glory and honor of God. For, it is the ability of each soul, by faith, to receive that as may be a pronouncement from another soul. This is part of the universal law.

Yet the promise has been, "I go to the Father - and greater things ye shall do in my name. For I will bear witness of you - that love me and keep my commandments."

This is the sure way, the pure way - this is the way individuals may so attune their bodies, their minds, their souls, to be healers, to be interpreters, to be ministers, to be the various channels of blessings to others.

These choose thou. As to whether the spirits bear witness with thee - these are to be judged by thine own interpretation of the results obtained. For, as He hath given, "By their fruits ye shall know them."

Many may come and in the last day declare, "Did we not in thy name cast out demons? Did we not heal the sick? And I will declare, Depart from me - I never knew you."

Hence the answer to each soul, as it applies self in a service to others, must be within self. For, as the lawgiver declared, "Today there is set before thee good and evil. Choose thou." And, "Today there is life and death, and he that would save his life shall lose it; but he that shall lose his life in my name, FOR my name, the same shall find it. For I came," saith He, "that ye might have life and have it more abundantly."

For He IS life, the truth, the way. In Him ye may accomplish much. In thyself ye may accomplish, but to whose undoing?

Let that mind be in thee, then, that was in the Christ, Jesus, who thought it not robbery to make Himself equal with God, but made Himself of no estate; that ye <u>through Him</u> might know the way - to the Father.

Analyze, then, thyself; thy purposes, thy hopes, thy joys. If thy life manifests the fruit of the spirit - love, patience, joy, long suffering, brotherly love, kindness - then ye are in that way. If it manifests avarice, hate, jealousy, backbiting, ye KNOW the end. For there is no other name given under heaven whereby men may be saved.

WHO, then, healeth ALL of thy illnesses? WHO wipeth away the tears? WHO maketh the heart glad? WHO bringeth peace and contentment in the soul?

HE that is the Prince of Peace; He that is the light, the way, the truth. In Him there is no faltering; no fault, no condemnation found in others.

Keep the faith.

We are through.

(To supplement #5752-1 through 6 in 9/57 A.R.E. Selections for Sponsoring Members.)

8/14/31:

GD: You will have before you the body and the enquiring mind of [2897], present in this room, who is here to help you, and is asking the Forces for this information in order to be sincerely convinced that we are contacting the highest forces.

EC: Yes, we have the body, the enquiring mind, [2897] - this we have had before.

In seeking for those elements as make for sincerity in purpose, in desire, in aiding any channel through which there may come information as may be of the nature as comes at this time, be sure of the sincerity of self, as well as the sincerity of all as may be associated with, or connected with, such undertakings, that, that which may be given to others may make for those elements in the lives of individuals, that which produces or is CREATIVE and evolutionary in its action upon the individuals that are attempted to be aided.

Ready for questions.

Q-1. Can you contact Azul for me?
A-1. Demetrius - Michael; Azul - no.

Q-2. You cannot?
A-2. Cannot.

Q-3. Why?
A-3. There are barriers between this body and Azul, as produced by that between Demetrius and between Michael.

Q-4. Can you contact Azul for anyone else?
A-4. Not under these conditions; for: I, MICHAEL, SPEAK AS THE LORD OF THE WAY. BOW THINE HEADS, O YE PEOPLES, THAT WOULD SEEK TO KNOW THE MYSTERIES OF THAT LIFE AS MAKES FOR THOSE FALTERING STEPS IN MEN'S LIVES WHEN NOT APPLIED IN THE MANNER AS HAS BEEN LAID DOWN. O YE STIFF-NECKED AND ADULTEROUS GENERATION! WHO WILL APPROACH THE THRONE THAT YE MAY KNOW THAT THERE IS NONE THAT SURPASSES THE SON OF MAN IN HIS APPROACH TO HUMAN EXPERIENCE IN THE MATERIAL WORLD!

Q-5. What is my father's name?
A-5. No.

Q-6. Can't you answer that question?
A-6. To be sure, it may be answered. It will not here.

Q-7. Why will you not answer these questions, when I want to make sure in order to help?
Q-7. He that seeketh a sign when he standeth in the presence of the highest authority in the Way may NOT be given a sign, unless he has done in the body that which entitles him to same.

Q-8. Why is Edgar Cayce surrounded by such wrong vibrations and entities in this great work?
A-8. For there has been the continued battle with those forces as Michael fought WITH over the body of Moses. He that leads, or WOULD direct, is continually beset by the forces that WOULD undermine. He that endureth to the end shall wear the Crown. He that aideth in upbuilding shall be entitled to that that he BUILDS in his experience. He that faltereth, or would hinder, shall be received in the manner as he hinders.

Q-9. Why don't the Forces prevent continual financial annoyance to him?
A-9. That there has been set a monetary STANDARD by many as to that which is of worth, or is success, indicates the vibrations as well as the purpose of such. Not by might nor by power, but by "My Word." Not that man lives by bread alone, but by EVERY WORD that is a promise to that man by or from the creative forces, or God. That that a man worships, THAT that man becomes.

Q-10. What are the revelations as to why he is in difficulty?
A-10. No difficulty exists in the man's soul. There exists difficulty in the minds of individuals who, with monetary MEASURES, see all forces hindered as to their concept of success.

Q-11. Since Virginia Beach was given as the proper place for the foundation of this work in the material world, why has not success come?
A-11. He that looketh upon the monetary conditions as success looketh in vain! It HAS succeeded beyond measure in the spiritual forces, IS succeeding in monetary or the pecuniary manner.

Q-12. Am I, [2897], capable of helping Edgar Cayce in the manner best suitable to the Forces?
A-12. He that will present himself as one that has consecrated himself to the work of the lowly Nazarene, may aid. As the work, the way is made strength [straight?] so may the understanding to those come, that make their desire, their wants, known.

Q-13. Is there anything the Forces would recommend for me to do?
A-13. Present thine self to those Forces that make for a more perfect relationship with the LIVING God; NOT that of any individual's dead past! that would seek to climb up by THINE OWN hard way; for, as was given, he that climbs up any other way than by the way of the Cross is a thief and a robber! So, make thine approach to that Force as manifests itself IN the MATERIAL world as the Son TO THAT Throne, and be satisfied with none beneath THAT approach! So may the consciousness of the Christ life come into THINE possession.

GD: That is all of the questions.

EC: Come, my children, and know in whom thou hast believed, for HE is able to keep thy needs, thine wants, thy desires, in the palm of His hand. Walk in HIS ways, that thine going in and coming out through THIS plane may come nearer and nearer the way of the Cross; for though the cross may be heavy, in HIM IS that that makes it light. Just those little words here and there. GROW in grace, in knowledge, IN understanding, that thy ways may be one with the CREATIVE ways, and ye shall know the Truth, and the TRUTH shall MAKE you free!

254-83

This psychic reading given by Edgar Cayce at the Washington, D. C. temporary office, 1867 Kalorama Road, this 14th day of February, 1935, in accordance with request made in person by Mr. [699], Member of the Association for Research & Enlightenment, Inc. as a result of Edgar Cayce's lecture at Willard Hotel on October 5, 1934.

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.
Mrs. [687] and Mr. [699].

READING

Time of Reading
11:30 to 12:05 A.M., EST

GC: The members of the Executive Committee of Group 9 of the A.R.E., some of whom are present in this room, salute Thee with greetings of deepest love and thank Thee for again bringing to us the ministry of our kind and helping leader, Edgar Cayce. Realizing that when science investigates the works of God on the higher planes as it has done on the material plane, spirituality will truly come into its own proper place in the consciousness of humanity, we hereby petition your indulgence and cooperation in bringing to us the following information, as the questions are asked, for the more perfect functioning of the work of Edgar Cayce and the Association from this time on, if same meets with your pleasure to do so.

EC: Yes, we - from the source of all knowledge that is promised in Him - salute thee, and give that which will be helpful to those who seek to be in the ministry of those influences and forces that make for more and more awareness of the divine in each and every soul, that - applied in the experience of each entity, each soul - will bring that day of the Lord that is at hand to those who will hear His voice.

Then, from the heights of those experiences, those hierarchies in the earth and in the air, we come as messengers of truth to those who will hear, and question.

Q-1. For the better and more rational presentation of the work of Edgar Cayce to the world, will you, if you consider same in order, kindly inform us of Thine Identity and the source or sources from which you bring us the information given in answer to our questions in the readings other than the Physical? Is it from the Astral -
A-1. (interrupting) From the universal forces that are acceptable and accessible to those who in earnestness open their minds, their souls, to the wonderful words of truth and light.

Q-2. To what extent are the Masters of the Great White Brotherhood directing the activities of Edgar Cayce? Who are the Masters directly in charge?
A-2. Messengers from the higher forces that may manifest from the Throne of grace itself.

Q-3. Who are the Masters directly in charge? Is Saint Germain -
A-3. (interrupting) Those that are directed by the Lord of lords, the King of kings, Him that came that ye might be one with the Father.

Q-4. Is Saint Germain among them? Who is Halaliel?
A-4. These are all but messengers of the Most High. Halaliel is that one who from the beginning has been as a leader of the heavenly host, who has defied Ariel, who has made the ways that have been heavy - but as the means for the understanding.

Q-5. Is Saint Germain among them?
A-5. When needed.

Q-6. Please give us Thine Identity?
A-6. He that seeks that has not gained the control seeks damnation to his own soul! Control thine inner self that ye may know the true life and light! for he that would name the Name must have become perfect in himself.

Q-7. If Mr. Cayce is a member and a messenger of the Great White Brotherhood, how do the Masters wish him to proceed and should not his activities henceforth be presented as Their Work?
A-7. As the work of the Master of masters, that may be presented when in those lines, those accords necessary through the White Brotherhood. This - this - this, my friends, even but limits; while in Him is the Whole. Would thou make of thyself, of thyselves, a limited means of activity? Would thou seek to be hindered by those things that have made of many contending forces that continue to war one with another even in the air, even in the elemental forces? For He, thy Lord, thy God, hath called thee by name, even as He has given, "Whosoever will drink the cup, even as of my blood, he may indeed be free." While ye labor, let Him that is the author, that is the finisher, that is the Life, that is the bread of life, that is the blood of life, let Him alone be thy guide! Dost He call any soul into service, then by name will He - does He - designate, and to whom it becomes a charge to keep - even as he has walked with Him, this body that ye use as a channel of approach to the Throne; ye make of same oft as a laughing-stock to thy very soul through thine own selfishness! Let the light of Him, thy Christ, thy God, IN, that it may cleanse thy body, that it may lighten thy soul, that it may purge thy mind, that ye will only be just gentle, just kind; not finding fault with any, for with faults ye build barriers to thine own soul's enlightenment. "I, thy God, thy Christ, beseech thee!"

(Answers 8 through 15 continued in December 1959 Supplement)

254-83

Con't from November 1959 Supplement -

Q-8. Would Their Plans be best served at this time by the initiation of steps by Mr. Cayce and those assisting him, for the establishment of a Foundation for the work of the Masters - or Thy Work?
A-8. When the day of the earth, as earthy, is fulfilled in Him, this body - Edgar Cayce - shall be rejuvenated, shall be purged, shall be made free! THEN they that in their earthly manners work, labor, here, there, will be - and are - directed, guided, as to the means, the manners, the ways that they may as individuals, as souls, be as a helpmeet, as an aid to their portion of the service towards the great brotherhood of man that is in Him. As to foundations, as to locations, as to sites, how gave He? "Neither in this mountain nor yet in Jerusalem, but rather in the hearts," the lives, the souls, of those who have named the Name and have put ON Him that is the Way! Those who would seek as to ways, as to the rejection of this, as to the acceptance of that as a manner, under a head or a name, are - yea - likened unto that He gave again, "They that gathereth not with us scattereth abroad," that the works of the Father through the sons of men may be made manifest in the earth. Would ye know Him? Then put ON Him in thy life, in thy speech, day by day! Not he that taketh a city, not he that defieth his brother, but rather he that in humbleness of heart saith "Lord, Lord, be merciful to me, a sinner" is justified before His face! Not in glory that this or that angel hath spoken, or that there hath come a vision to thee, but rather that the love of thy Christ, thy Lord, hath constrained thee to speak gently to him that is bowed in sorrow from any cause, that hath lifted up the hands of the weak, that hath counseled with those who seek to glorify the Christ in the hearts and minds of men; he is the acceptable one, no matter by what name, what color or what position, he - INDEED - is the Lord's!

Q-9. Would it be properly named THE CAYCE FOUNDATION?
A-9. If it is any name, it is through these sources, these channels as a name, that much may come. For the day will arise in thine experience, of those, of this group who seek, of those present, when they will see, will hear, it sounded about the earth. Do not - any of you - make it as other than a welcome of the glory of a crucified self, a crucified Lord!

Q-10. Are the principles for the Foundation already drawn up satisfactorily?
A-10. They must be enlarged upon, my children, as the necessity of the environments makes need of.

Q-11. What additional principles and purposes should be signified?
A-11. In accordance with the ideals and purposes that have been set forth for those who would seek at any time, at any place, through these channels.

Q-12. Should the establishment of such a Foundation be dependent alone for its financial support on the contribution system in effect at present in the Association?
A-12. Be rather more inclusive and that those who have been aided in any channel or manner throughout their own experience must of not only their surplus but of themselves GIVE, that the glory of God may be manifested in the earth. Not the glory of a man, nor of a son of man, but the glory of the Father, thy Father, "My Father - as I rest in Him, as I labor with thee," be ye patient, be ye longsuffering, if ye would find the Way. For,

"I am the Way, the Truth and the Light; by me ye may approach the Throne," and he that climbeth up some other way but deludes himself and is lost in the maze of those material activities of others in the spheres of confusion! Simple the way, Truth the light! These are but words to many. Make them as frontlets upon thy brow, that those who meet thee - even in the way - may be directed ARIGHT!

Q-13. Will it be well for this purpose to contact by letter and personally as soon as practical, the individuals, both within and without the Association -
A-13. (interrupting) This, as has been indicated, must be a portion of the motivative way to those who are called into service in their respective or varied channels of activity. All who would "let whosoever will come" and aid here, there, in making known the Way.

Q-14. Who are the most important individuals who should be approached at this time?
A-14. They whom the Lord hath called and who are given the opportunity by those who would from the material angle see a plan, a way, a means of the spiritual activities that may come to these into material manifestations, whether in charities that there may be more and more recognition from those who sit in the seat of the mighty in the scientific points of attack or of contact, or that there may be the more and more giving of authority from the sources of the earth, or whether in those channels as of hospitalization where the weak, the needy, the lame, the halt, the blind, those who have lost themselves - or lost hold upon themselves - may find the way. In any, in all of these channels should there be activity by those who first give themselves in service, then set about to put same into activity.

Q-15. Please name them.
A-15. All that are called. This must be from within the individual, rather than from here. For how readest thou? "That thou shalt sit upon my right hand or my left, as my kingdom is established in the hearts of men, is not mine to give," but for those who have offered and do in the humbleness of self offer - and live - and ARE in themselves; for these are the laws established from the beginning, "When ye call on the Lord He will answer thee right quickly." Hast thou purged thyself; thy purposes; thy desires? Are they one with the Lord?

We are through for the present.

Copy to /699/
Copy to /678/
Copy to Ass't file.

288-29: EC's reading 4/16/32: 288-29:

Here we have information that will be of interest to all who study psychic experiences in the material plane, as to how such experiences of others may be given through an individual such as the source from which this information as may be given emanates. There must be in the physical or material world a channel through which psychic or spiritual forces may manifest. It must become concrete, or definite, with some channel, some manner, of manifestation. The anatomical condition of the human body lends itself to such an experience, then, through some portion of the physical organism of a body. That as is known in the human organism, or animal, or vegetable, or mineral even, as the germ of which propagation is made, must be, and is, the source from which there must be that contact that is made for such manifestation.

In this particular body through which this, then, at present is emanating, the gland with its thread known as the pineal gland is the channel along which same then operates, and with the subjugation of the consciousness - physical consciousness - there arises, as it were, a cell from the creative forces within the body to the entrance of the conscious mind, or brain, operating along, or traveling along, that of the thread or cord as when severed separates the physical, the soul, or the spiritual body. This uses, then, the senses of the body in an introspective manner, and they are not apparent in functioning in a physical normal manner as when awake. All faculties of the body become more alert. As to the loss of consciousness, how great is the ability of the development of the psychic sources to completely cut off consciousness from the physical or anatomical brain and still retain - in the shell - those abilities of functioning through that such an entity may have experienced in its passage through physical experience. Hence, as this immediate channel having incarnated in many experiences, stays within that environ of its experience throughout the incantations into a physical experience. Hence, while others may act in the same manner, some variations may appear as to the responding actions of their incantations into the same or a similar experience. Hence variations, yet this is worthy of being studied, would one understand. Hence there may be much given as respecting this activity of the particular entity and its associations throughout the eons of time, as called, or throughout the varied and divers experiences of the entity in the earth's experience, and its ability to attune itself to either material, mental, or spiritual forces of others, or as to what it has the more often chosen as its standard of the measurements gives that expression to the information given.

294-140: 4/22/32 294-140:

Mrs. C: You will have before you the information given through this channel on April 16, 1932, concerning the psychic development of the entity known as Edgar Cayce, present in this room. You will give further information which may be correlated with the data already on hand to aid those studying this work to better understand this channel and sources of information. You will answer questions.

Mr. C: Yes, we have the information as given as respecting manifestation of psychic forces through these channels. In the study of such it would be well that such students chart the various physical phenomena as is their experience with sources, or source, of information through such channels, in that that may be termed an analytical chart. Not as seeking a formula, but that which takes place; and when studied, or when attunement is made by others, their own formula will be manifest, though the same physical condition may take place to them seemingly from other sources; for whether there is, as is given, the ascending into the heavens to bring down that as would be understood, or the descending into the depths to bring up as to that that would be heard, or going beyond the seas to bring over that as

has been studied or seen, or visioned by others, that as was given still is the same: That lies within each entity, that awakens to the spirit of truth, or the essence of regeneration in the spirit of truth, that makes for the continuity, or the active forces in the spirit of life, or the essence of same itself.

As has been given oft no matter what phenomena as may be manifest under the subject of psychic force, whether from the realm of unseen forces in that called spirit consciousness, or from the higher realm of psychic development in an individual, or from the thrones - or Throne itself, there is some form that is assumed, or taken, by that force so manifesting; for, as to whether force - as in the physical sense in electrical aberrations - is of that that may be called fool's fire, fox-fire, or will o' the wisp, or lightning, or that controlled in power lines, it - in the material or third dimensional mind - must - take form to produce or bring to the physical consciousness the act of a phenomenon taking place; and the act is the phenomena!

In varied ways, then, or developments, are there seen those variations - as is described or given of this individual entity, as has been given, the source may be from the subconscious forces of the body itself, or from the realm of spirit force as may surround the body, or a combination of both, or from a universal consciousness that is the Source of life itself - and worded, when worded in a manner by the forces of creation, or of the higher orders themselves - and the variation dependent upon that, when worded, as to the attitude of the one seeking, and of that sought. Remember many of the words of the Great Psychic, the Savior of men, the Son of the Most High, in the demonstrations or manifestations, or the work itself: "There be done in thy body according to the desire of thy heart." So spoke He oft as the ruler of, the teacher of, the brother of, the servant of, the Savior of, men. That with "Whatsoever ye sow, so shall ye reap!" "Forgive me, Father, as I forgive my brother." Who, having aught against his brother can approach the Throne of Grace with any expectancy of receiving grace? First lay aside aught thou hast against thy brother. Then he that seeks through channels that maintain, either profess to, appeal to a higher source, or the universal sources themselves, and then seeks that he may have advantage in body, mind or material things, over his brother - what need such expect at the Throne of Grace? What need such expect to be the fruit of that sown? What cares such an one, who tramples upon that he may gain his own ends?

Such analysis, then, is well for such students.

As illustrations from that as given, as is seen from such information:

The glands of reproduction in a body give up something that creation may be reached, or tuned into, when such an one - a psychic - attunes self to the infinite; and such used for abuses of the privileges as are material individuals lives in such, what must be the lives of such individuals when attuned or awakened, or shown in a carnal or material world? Think on these things, Man - think! that the essence of Life itself is given in giving to another that as may bring the consciousness to another of an awakening in their own beings! Wist ye not that it was said by Him, "Who touched me? for virtue has gone out!" Virtue is a lesson before some. What meaneth this, then, that such will be tampered with for only secular things, for the knowledge of whether this or that abuse has been made of those freedoms of self in associations with others? What must it bring?

In the body as given, there are channels through which all forces do manifest. To some there are the voices heard. To others there is the vision seen. To others there is the impression, or feeling of the presence of those sources from which information may radiate; and then there are those channels that are submerged or awakened during such periods.

The lyden, or 'closed gland', is the keeper - as it were - of the door, that would loose and let either passion or the miracle be loosed to enable those seeking to find the Open Door, or the Way to find expression in the attributes of the

imaginative forces in their manifestation in the sensory forces of a body; whether to fingertips that would write, to eyes that would see, to voices that would speak, to the whole of the system as would feel those impressions that are attuned with those the infinite by their development and association or with those inter-between, or those just passed over, or as to the unseen forces; for the world of unconsciousness is not in a material change from the physical world save as to its attributes or of its relationships with. Whether the vision has been raised or lowered depends upon that height, depth, breadth, or length, it has gone for its source of supply.

In study, then - study to show thine self approved unto the Creator of all things. Be satisfied with nothing short of a universal consciousness, guided or guarded by the Lord of the Way, or the WAY itself. In HIM is Life! Why be satisfied with a lesser portion than a whole measure?

We are through for the present.

294-141: 4/23/32 294-141:

You will have before you the information given April 22, 1932, regarding the psychic work of Edgar Cayce. You will interpret this in a way and manner understandable to the physical mind of Edgar Cayce. Answer questions of those physically present in this room.

EC: Yes, we have the information as given here.

In the interpretation of same, we will give that as may be understood that channel through which the psychic or the spiritual forces, that are manifest in material world, may function. They are known as glands, and affect the organs of the system.

In the activity, then, there is shown that an activity is evident in the creative forces of the body itself in producing or bringing about such phenomena in the material plane, so that the use of same may make for the more spiritual-minded individual or the abuse of same one becomes more debased or bestial in their activity in the material plane.

In the action, then, as is to be studied by those that would understand same: The physical manifestations as relate to that one seeking information, that one questioning the informer, and the physical actions or attitudes of the informer, are to be analyzed as a chart that would signify a formula for such activity taking place in the material world; yet, as given, this will not be a formula for any individual, but knowing how same are combined - or the necessary physical elements that must enter to make up such association or such connection-then one applying same in their own experience reach their own formula, own manner of approach to that Throne through which there may come the better knowledge, understanding, of Creative Forces in a material world. That is a simple explanation. That should be understood. Ready for questions.

Q-1. Please discuss in detail the functions of the pineal gland.

A-1. Is this discussed from the anatomical viewpoint, in the fetus as is begun in first of gestation, we find this may be termed as the Builder. As is seen, the location of same is in the beginning that of the center or the nucleus about which all of the matter takes its first form, and becomes the brain as is guiding or directing the building of the body as its development in the womb takes place. As it then reaches from the umbilical cord to the brain, there is builded that as is centered about same by the physical attributes of that progenerated from those bringing such an action into being. When there has reached that stage when there is the separation of same, the cord then being broken, this forms then its own basis in the lower portion of the brain or cerebellum, and through medulla oblongata to the central portion of the cerebro-spinal cord itself

is held intact, and with the removal of same, or pressure on same, the various forms of hallucinations are evident, whether in the developing stage or when it has reached the elderly or older years in an experience. Its functionings, then, is as that, of that, which makes for - or known as - the impulse or imaginative body. Hence one that may be called demented by others, that has hallucinations from a pressure in some portions, may be visioning that which to them are as real (though others may call them crazy) as those that are supposed to have an even balance of their senses, which has been formed by the circulation, or the activity of the gland - as it is called - in its incipiency, until it becomes - or is - as a mass without apparent functioning. Is the imaginative body, or the trained body (as is called in a material world), trained constantly away from the activities of same, it - in natural consequence of things in physical being - draws, as it were, within itself. Hence senility sets in. Keep the pineal gland operating and you won't grow old - you will always be young!

In this activity, then, as is seen, there is within the genital organs the activity through that as may be called the lyden gland, which has within itself that closed door, or open door, as makes for activity through that to the base of the brain, or the pineal gland - as is at the base of the brain itself - which opens up for its activities and associations to those other portions of the brain that sends out its sensations either through the sensory organism or the sympathetic organism, or the purely physical organism; for they may all act upon, or be acted upon, for they are a portion of, and kindred of - Now remember, we are speaking from the physical standpoint, or pathological standpoint! - and are the active forces and active principles in the activities and repulsions, or the actions, of individuals! As these are the activities that come directly from the organs of reproduction, hence we find many instances where psychic forces or developments of the individuals, or of an entity, these become abused - or are used in a way and manner as to bring about abuses that make for degenerate reactions, as is considered by individuals, in their various forms or activities to the moral forces as may be set by individuals; but are to the individual the activities of a nature that is an action of, or an impulse of, the organs or functionings that are active through the functioning of the gland itself! Hence we have the variations in functionings of same. Now, as these are turned - or there is the seed, or that within same that may be awakened that makes for those impulses known as attributes that may be added to, that makes for the spiritual life first in that of faith as an opening, that of hope, then to virtue, then to knowledge, then to brotherly love, then to understanding, then to the Christ Consciousness, then to LOVE itself.- which was manifest in the body of the Virgin that brought into being that through the concept of, or the conception through the Holy Spirit, by raising that consciousness within same as to produce that within the organs of the body itself that became, as it were, the begotten of the Father!

We are through

(See 281 series re. the Glands and The Revelation.)
(See 5747 series re. Psychic Development and Psychic Sources.)

This is a complete sample Life Reading.
Only the name of the subject has been
changed, to conceal his identity.

* * *

2902-1
(L-1)
m. 34 yrs.
machinist,
Hebrew

This psychic reading given by Edgar Cayce at the office of the Association, Arctic Crescent, Virginia Beach, Va., this 7th day of February, 1943, in accordance with request made by the self - Mr. John Smith, new Associate Member of the Ass'n for Research & Enlightenment, Inc., recommended by his wife's brother, Dr. ...

PRESENT

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno.

READING

John Smith,

Born April 29, 1908,
in New York City.

Time of Reading
3:40 to 4:25 P. M., E.W.T.

Long Island,
New York

Mrs. C: You will give the relation of this entity and the universe, and the universal forces; giving the conditions which are as personalities, latent and exhibited in the present life; also the former appearances in the earth plane, giving time, place and the name, and that in each life which built or retarded the development for the entity; giving the abilities of the present entity, that to which it may attain, and how. You will answer the questions, as I ask them:

Mr. C: (In going back over years from the present - " - - '43 - '42 - changes - '41 - preparations, mental changes - '40 - - '37 - anxieties on the part of others regarding the entity - - - " etc., on back to birth date.)

Yes, we have the records here of that entity now known as or called John Smith.

This entity is a Uranian, also an Atlantean. It may make a record in this experience for weal or woe. An extremist; double-minded; high ideals; a good arguer; - loves to hear self speak, but desires most that this be to individuals rather than to groups or to many.

An unusual personality; one that may bring a great deal of comfort to many or cause a great anxiety to many.

- - - - - - -

In giving an interpretation of the records as we find them, - it would be well for the entity to remember, as it analyzes self from that as may be indicated here as to the urges, the abilities, the faults, the failures, as well as the virtues that we find as a part of the experience: This information is given with the desire and purpose that it be a helpful influence. Thus, - as the entity should make its policies, - minimize the faults of others, magnify the virtues of all. This the entity is not prone to do. For, oft, whether it is a virtue or a fault, the entity magnifies same.

Remember, then:

Each entity, each soul, enters a material experience for a purpose. That there is the consciousness, the awareness of self being self, should remind the entity that there is a relationship with the Creative Forces that man terms God.

Then, it is not by chance that the entity or soul entered at this time, but because there are not only opportunities but duties and obligations. The purpose is not for self-indulgence or self-aggrandizement, but that the glory of God may be made manifest through the purposeful efforts of the entity.

For, the abilities in a material manner far surpass the faults in many ways with this entity. Yet these very facts may become stumblingstones rather than stepping-stones, unless the ideal to which the entity gives credence is adhered to - and the entity is true to self. For, being true to self the entity will not be false to any.

- - - - - - -

Astrologically, we find urges that indicate rather the nature of the entity, in its thoughts or dreams, or the latent abilities that find expression through soul forces.

Then there are those urges that find expression through the forces of reality, or physical consciousnesses. The one is termed from that urge from sojourns in that consciousness being absent from materiality. Names are given as these are accredited with certain factors or characteristics in the expression through individuality; as, Mercury indicating the high mental abilities of the entity. Mars indicates the abilities to hate as well as to love. And these give further expression in the Uranian tendency for the extremes to which the entity goes at times, either in the good or bad forces - as may be seen in the use of those things in a material body that may be habit forming; as drink, as smoke, as personal associations. These are well, if they are used and not abused. Each has its part in the experience of an entity; but abused, may be the possession of the entity that would cause self-indulgence.

In Jupiter we find the universal consciousness.

We find in Venus the nature of companionship, the nature of individuality. All give expression, and find their counterpart in moods of the body from time to time. It may be said that these are individual characteristics of this entity.

In the personalities we find these more expressed or manifested from those material manifestations. While all of these may not be indicated here, those are given that have the greater influence in the experience of the entity at this particular cycle of its consciousness or awareness of its abilities, latent and manifested.

Thus:

Before this we find that the entity was in the land of the present nativity, during those early settlings in the land; in and about what is now New York, - when there were those tradings with the natives and the coalition of groups, the formation of companies or corporations, agreements with those groups in various lands.

The entity was a go-between between such groups.

Thus the corporate or company advisor or counselor might be a part of the entity's experience; as an advisory counsel, as an attorney, as a lawyer or such, the entity might find an outlet for his abilities in the present. These will of necessity be governed by the ideals of justice for all and an equal understanding as to purposes. For, remember, - with what measure ye mete it will be measured to you again. This is as unchangeable as the tides, as the manifestations of the seasons. These are spiritual as well as mental, and they are material in their expression. One may cheat for a while, but it will come back to the entity.

In that experience the entity gained, for there were cooperative influences. But with the change of environs, these brought temptations for self-indulgence. Do not let them be repeated in this experience.

The name then was Ezra Godspeed, or it was changed to Goodspeed.

Before that the entity was in the Roman land, when there were those expansions of that land into other countries.

The entity was an emissary, but with same came the comprehending of the needs of groups and individuals to find means, manners and ways not only to preserve but to prepare the products of other lands.

Thus the mechanical-mindedness in those things that had to do with the preservation of foods, grains, cereals and things of such natures, became a part of the entity's experience through that period, - as Leo Doromo.

The entity gained throughout that period; for, from its early experience as will be seen, there has been the consciousness of the needs for man in the low estate as well as in the high estate to be dependent one upon the other; yet the needs for the trust, the confidence to be established upon a principle or a basis for the betterment of each group. This was the basis upon which the entity applied itself in that period.

Thus in many lands, and in various climes. Hence we will find those things having to do with peoples of various groups, various endeavors and activities, will be channels and outlets for the entity's activities in the present experience.

Before that, the entity was in the Promised Land, when there were those divisions made by the leader who entered the Promised Land; when the various choices were made by the individual groups or tribes.

The entity was among the tribe of Ephraim that made choices for the establishing of the closer relationships with the leader and those set in authority, as of the elders of that group, - and in those various activities to which they were set did the entity bring the bettering for the progress of its group, its people, during that period.

Then the name was Amaziah; the entity gained, the entity lost. In the period when the entity set those things for self-activities without the thought of the elders, he brought disturbing influences.

Before that the entity was in the Atlantean land, when there were those interpretings of the leaders in that land, and the understanding of how that the sons of Belial were making application of the spiritual laws to that of self-aggrandizement.

The entity entertained those activities, but was of that group of the sons of the Law of One. While there were those disputations, and those that would carry the records and the laws to the land of Egypt for their preservation, at first the entity held out against this: later came into the

Egyptian land, making that first attempt to defy those peoples of the land because of the period of turmoils those peoples had entered.

This brought disputations between the leaders of both the Egyptian natives and those who had remained loyal to the King, and those still thinking of seeking the means for the counsel of the Priest Ra-Ta again.

The entity was deposed before there had been, or could be, an agreement reached. Later, with the return of the Priest, and after years of being held in check, the entity understood - and began to work with some of those who had been put in authority, - being, as it were, subdued in its might and power.

Hence in the present there is found that after effect in how BADLY the entity takes disappointment, in any phase of that it undertakes; and the tendency even to resort to measures that even the entity itself might sometimes question.

Thus may the entity take warnings as to self, as to the double-mindedness, and the double abilities. And, as indicated, the entity has the opportunity in the present to make a spiritual, a mental, a material contribution to the welfare of his brethren. He also has the opportunity to make a contribution that may become detrimental to the welfare of himself, his brethren; though materially for a time succeeding.

Whom will ye serve?

Remember the admonition as ye heard in that land as Amaziah, - determine within self, "Let others do as they may, but as for me and my house, WE will serve the living God."

\- - - - - - -

In the field of law, - as an intermediary for groups, organizations or corporations, - using those abilities of the mechanical nature, - either of these channels may offer the entity means for success. But keep in that position of being able to use them both, no matter which choice is made.

Ready for questions.

Q-1. During my working years I have practiced law, been in the industrial display business, and operated a wholesale fur business. I have never felt that I was doing the thing that would give my life its fullest meaning. What are my talents and what vocation shall I follow to achieve the greatest spiritual and material satisfaction?

A-1. As indicated, - as a counselor to groups, - as those that would aid in assisting the mechanical-mindedness, - would be the channels best for the expression of the abilities, as may be seen from the manner in which the entity has applied self in the material sojourns.

Q-2. I am now employed in a defense plant as a machinist. I feel my fullest abilities are not being utilized. Should I leave this position and if so what sort of employment shall I seek?

A-2. We would not leave it in the present, but through the duration hold to same. But apply self as to corporation law, in the reading, in the study, and in its application.

Q-3. Have I ever known my wife in any previous incarnation?

A-3. In the experience before this, as well as in Egypt.

Q-4. Have I ever known the child that is to be born to us in February in any previous incarnation?

A-4. This will depend upon the soul that enters there.

Q-5. Is the expected child a boy or girl?
A-5. This has nothing to do with the entity in the present or its life, save as satisfaction of a mental nature. What seek ye? Gratifying of self, or service of God? Who is the author of thy faith?

Q-6. I expect to be inducted into the army on March 1st. I feel I have talents that make a better ordinance man of me than a soldier, and that I can better serve my country in this capacity than as a soldier. Should I seek to be deferred and if so how should I accomplish this?
A-6. That manner of work in the service may make for deferrment, if this is sought. But if there is the conviction within self that the entity would serve its country, its fellow man, its ideals, in the ordinance department of the army, then it would be better to join for such activity. But if it is merely to escape self, beware.

Q-7. If I am inducted into the army in March how will this affect my wife and the child that is to be born to us in February?
A-7. This depends, as indicated. There can be the deferrment on account of the present type of work, if it is sought. If there is induction, better to choose before induction.

Q-8. How will this affect my child?
A-8. We haven't the child as related to the self in this connection.

Q-9. If I am inducted, how shall I go about getting the most out of the experience in furtherance of my life's work?
A-9. You'll get out what you put in, with interest! For each entity - as is the divine law - is worthy of the effort it puts forth.

We are through for the present.

Two copies to Self
Copy to Ass'n file

* * *

#1223-4 (L-1; 10/28/40; f. 34)
In giving the interpretations of the records as we find them here, these as we find are quite varied as to the experiences of the entity through the material plane. These that are given are chosen with the desire and purpose that this may be a helpful experience for the entity, minimizing the faults, stressing the virtues; that the entity may fulfill that purpose for which it chose to enter this present experience.

#444-1 (L-1; 11/16/33; f. 43)
Q-1. Does this cover all the incarnations that have been passed through by the entity?
A-1. By no means. These are the ones that influence the most in the present.

#1494-1 (L-1; 12/8/37; f. 21)
Q-4. Does the soul's entity change in reincarnation?
A-4. The ENTITY? The soul is the ENTITY! The entity is the soul and the mind and the body of same, see? These only enter matter, or a new house, in incarnations.

#311-3 (MS-2; 3/7/31)
Q-12. How do you explain the Richard Ingalese* statement that sex changes with each incarnation? */author of The History and Power of Mind/
A-12. This is not true. As has been given, the sex change is more from desire than from physical earth-incarnation's influence, see?

#826-8 (L-5; 8/11/36; m. 35)
Q-7. Must each soul continue to be reincarnated in the earth until it reaches perfection, or are some souls lost?
A-7. Can God lose itself, if God be God - or is it submerged, or is it as has been given, carried into the universal soul or consciousness? The soul is not lost; the individuality of the soul that separates itself is lost. The reincarnation or the opportunities are continuous until the soul has of itself become an entity in its whole or has submerged itself.

Q-8. If a soul fails to improve itself, what becomes of it?
A-8. That's why the reincarnation, why it reincarnates; that it may have the opportunity. Can the will of man continue to defy its Maker?

#1152-12 (MS-4; 9/9/41; f. 66)
Q-7. Is it to spread the message of reincarnation as interpreted through the Life Readings /nature of my work in my new home/?
A-7. That is merely a part. Remember, the real purpose as should be for each soul is the message of the love of the Savior, Jesus the Christ, for the children of men. That phase of Christian experience (reincarnation) is questioned by many, yet there is this period when the fact needs stressing to answer many questions. But that this is to be the primary fact - reincarnation - no. THAT is merely the plan as He demonstrated.

#5260-1 (L-1; 5/29/44; f. 50)
In the experience the entity gave little notice to what would happen and to the last hours made the activity as if it were to be continued on the morrow. And life is like that. Because one passes on, the activity does not cease. "As the tree falls, so does it lie," saith the Maker and Giver of life. So does the light, so does the nature of an individual. For the beginning in the next experiences are ever tempered by how sincere the purpose was of the entity in the experience before.

#3474-1 (L-1; 12/3/43)
While all of the appearances may not be given, these are given to indicate that pattern, those trends, those conditions to be met, those conditions to be warned of, those conditions that should be kept in mind as a help in the analyzing of self and the choices that may be made.

#5231-1 (L-1; 6/5/44; f. 64 yrs.)
As to the experiences in the earth, these have been many and quite varied. Many of these are not well even to be known to self, and thus have they been blotted from the book of thy remembrance, even as He blots them from the book of God's remembrance, if ye love one another, if ye mete to thy fellow man, yea, to thy sisters in all walks of experience, that love of which ye are capable in thine self. For He who hath loved much, to that one may much be given.

(The following information was sought by a group of individuals closely associated with Edgar Cayce, after seeing an article in a newspaper, 11/23/37, LOS ANGELES: "Arthur M. Hanks, who made a fortune peddling flowers in the Los Angeles financial district, left no will because he believed he would return through reincarnation and claim his life's savings. He has been dead seven months now, and today Judge Joseph P. Sproul opened the way for relatives to divide the flower peddler's $100,000 estate.")

Edgar Cayce's reading 11/25/37, in response to this question presented to him in the opening suggestion: "You will have before you the enquiring minds of those gathered here /besides Edgar Cayce, Mrs. Cayce and Gladys, and Hugh Lynn, there were Lucille, David, S. David and Richard Kahn, Mary and Thomas Sugrue/. You will give at this time information which will help us to understand the laws governing the selection by an entity of time, place, race, color, sex, and the parents at any rebirth into the earth plane--especially the possibility of Edgar Cayce, present in this room, bringing through in his next incarnation memory of this life. If possible we would like to be advised as to how proof of such memory can be established by leaving a record or money now that may be called for during the next appearance."

Mr. C: Yes, we have the enquiring minds of those present here, as a group, as individuals--and those conditions as may be taken here from the records, the experiences or entrances of soul-entities into the material or earthly plane.

This condition, as has so oft been given, varies as to time--according to developments of entities as related to material expression of spiritual activities, or as to the manner or the character of the removal from the material experience.

As to race, color or sex--this depends upon that experience necessary for the completion, for the building up of the purposes for which each and every soul manifests in the material experience.

For as is generally accepted, and as is in greater part true, the experiences of a soul-entity in materiality, in the three-dimensional sphere of activity, are as lessons or studies in that particular phase of the entity's or soul's development.

Development for what? That to which the Giver of all good and perfect gifts gave the expressions in materiality when spirit had entangled itself in matter. Thus that which has been given: The will of the Father is that no soul shall perish, but that ALL shall come to know Him as He is.

As love is the expression for experiences in life manifested in the earth, so is the experience of the soul in the earth dependent upon that plane, that experience, as to its race or color or sex. For if there has been the error in that phase, in that expression, the error must be met. For indeed as has been given, whatsoever ye sow, so shall ye reap. And these are gathered only in the phases of experience in which the associations, the activities, the relations have been. Thus as there is continuity of life expression, so must it continue.

They who have done error suddenly, they who are advanced, they who have not met a whole expression may suddenly--as you count time.

As for the entity Edgar Cayce, this depends then as to when that experience has been reached in which the union of purposes of entities in materiality has created that expression, that phase, to which the entity's development may reach to find expression through same. How did He give? As the tree falls, so does it lie.

Then as this entity builds in the present experience, creating that activity, that union, that expression of divine love toward the fellow men, then where that is left off--the period of expression is begun where it may take hold.

As to when--it may be perhaps a hundred, two hundred, three hundred, a thousand years--as you may count time in the present. This may not be given. For how gave He? The day no man knoweth, ONLY the Father in heaven knoweth it; and it is provided you so live, as He gave, that "I may sit upon the right hand and my brother upon the left." These are not to be given; they are prepared for those who have through their meeting with their fellow men manifested that which brings them into that association, that consciousness, that unfoldment as to where they become, may become, that which may in the greater manner manifest that love of the Father to the children of men. As to when--no man knoweth; only the Father. Ready for questions.

Q-1. Would you suggest any way that a record may be left by an entity?
A-1. By LIVING the record! For when the purposes of an entity or soul are the more and more in accord with that for which the entity has entered, then the soul-entity may take HOLD upon that which may bring to its remembrance that it was, where, when and how. Thinkest thou that the grain of corn has forgotten what manner of expression it has given? Think thou that ANY of the influences in nature that you see about you--the acorn, the oak, the elm, or the vine, or ANYthing--has forgotten what manner of expression? Only man forgets! And it is only in His mercy that such was brought about. For what was the first cause? Knowledge - knowledge! What then is that cut off in the beginnings of the Sons of God? Becoming entangled with the daughters of men, and the Daughters of God becoming entangled with the sons of men! As in Adam they forgot what manner of men they were! Only when he lives, he manifests that life that is the expression of the divine, may man BEGIN to know WHO, where, what and when he was!

That there may be read from the records of God's Book of Remembrance, as from here, in the keepers of the records, is true--if thy purpose, thy desire, in heart, in soul, is for the love of God as may be manifested among the sons of men; but these may be read only by those in the shadows of His love.

We are through for the present.

SINUSITIS

257-16
(P-8)
m. 33 yrs

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Virginia, this 29th day of March, 1927, in accordance with request made by self - Mr. /257/ - by telephone

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno.
Mr. Harry Holland.

READING

/257/

Time of Reading
11:50 A. M. Eastern Standard Time.

... Hotel,
Chicago, Ill.

Mrs. C: You will give the physical condition of this body at the present time, with suggestions for the relief and improvement of same.

Mr. C: Yes, we have the body here. We have had this before, you see.

Now, we find there have arisen some specific conditions that have become acute, by the severity of the congestion, and the mental condition of the body being weakened by worry allows the portions of the body so attacked to give way, as it were, to the congestion. Hence we find the cavities about the face and neck show this congestion most severe, especially the antrum about the upper portion of the jaw, and this gives rise to temperature, and to the inability of system to eliminate properly.

To meet the needs of conditions at the present time, the body should rest at least another day before attempting to change, for the temperature as created has lessened the resistance of the body.

Take a purgative that will arouse the liver to activity, that will draw blood away from the congestion, until the system is equalized, see? While congestion is necessarily relieved by increased circulation, but the congestion here has left drosses. Hence the nerves of face, teeth, neck, head, show as pressure created. Hence increasing eliminations through the hepatic circulation. Take at least two (2) doses of this - one as soon as may be taken, the other in the morning, see? This in each dose; preferably in capsule:

Podophyllum----------1/2 grain
Leptandrin----------1 grain
Sanguinaria----------1 grain
Cascara Sagrada----------1/2 grain
Senna----------1/2 grain

See?

Apply as a balm to face and to the antrum and neck - after the body has been thoroughly relaxed osteopathically - that called Bengay, or that as will relieve the congestion in temple and antrum.

Drink plenty of lemonade (hot, see?), after the medicinal properties have been taken, and keep the system full of water, see? Drink - drink - drink - and don't eat too much. Keep feet warm and dry, see?

Do that, and we will overcome this condition as is seen in the body at present, /257/.

Q-1. Where may this Bengay be obtained?
A-1. At any drug store.

Q-2. B-e-n-g-a-y?
A-2. Bengay - that's the way it's pronounced! It's antiphlogistic balm, you see.

We are through with this reading.

Copy wired to /257/

Copy to EC file

* * *

4/3/27 letter from 257 in N.Y.C.: "...Just a line in haste today. I received your reading and it was just as I felt. The osteopath, Dr. Connor, from the Auditorium Hotel, came over and treated me, and would take no money for it - and will write to you - 22 years an osteopath. Well, I took the 'dope' and went to bed and how I did sweat, but the next day I was on my way feeling much better. You said don't get feet wet. Weather beautiful when reading came, and it poured raining at night when I expected to leave..."

* 1/14/58 GD's note: The druggist tells me that in the early days when first on the market Bengay Balm was spelled Baume Bengaue - a French name, but in recent years changed just to BENGAY, the correct pronunciation, so people would know how to ask for it.

* * *

Male, Age 70, strained kneecap from fall 4/2/23 304-3

The ligaments about the knee we would massage well with almost a saturated solution of Pure Apple Vinegar and Table Salt, preferably the very heavy salt rather than that carrying too much of calx which prevents the sticking. We rather prefer the baser or common sale for this purpose.

Male, Age 71, fractured foot 6/20/24 304-6

The condition in the right foot from injury to flesh in bruising muscular tissure, also the fracture to the bony portion, and the crushing of soft portion in toe proper, is giving a great deal of trouble.

Be careful of infection...Stimulate circulation by taking, under the direction of a physician, a small quantity of strychnine— because of the temperature, etc...

Use Bichloride of Mercury in warm water to disinfect afflicted parts; follow with a dressing of Unguentine (combining a sedative, an oil, and a cleansing agent).

Be well that the portion where the end of the bone has been misshapened, and out of alignment, be corrected properly.

Female in 20's, lumbar sacral injury, ankle sprain 7/29/25 49-1

Also the adjustments by the manipulations, osteopathically given, of the conditions in spine and lower limbs, applying, whenever the pain is severe in the lumbar and sacral region, and in any portion of limb (for it changes), those properties of saturated solution of salt and apple vinegar, heated as hot as body can bear.

Female in 60's, strained back 9/28/34 326-5

This would be a very good specific for backache, sprains, joints, swellings, bruises, etc.

To one ounce of Olive oil, add:

Russian White Oil	2 ounces,
Witchhazel	½ ounce,
Tincture of Benzoin	½ ounce,
Oil of Sassafras	20 minims,
Coal Oil (kerosene)	6 ounces.

It will be necessary to shake this together, for it will tend to separate. But a small quantity massaged in the cerebrospinal system or over sprains, joints, swellings, and bruises will take out the inflammation or pain.

Female, Age 59, arm in cast for fracture 1/26/35 3823-2

.....we would use those foods that carry in a soluble manner that which may be absorbed and become replenishing or rebuilding for the blood; or the calciums, irons, glutens that make for the urea.... (sample daily menu followed):

When there is the removal of those braces, or that which holds same in place (and, as we find, this is knitting - and very well done), we would massage the arm with salt and vinegar. This will be most helpful; also - when knitting - that the shoulder and the brachial center be massaged with same. Do this once or twice a day; it will relieve, and the absorption through this manner would be well.

Male, Age 40, fractured kneecap 1/15/36 438-5

To prevent the recurrence in the muscular forces about the knee and the limb of the stiffening, so as to pull the ligaments loose again, we would massage the whole of the limb each day, as follows:

One day we would use equal parts of Olive Oil and Tincture of Myrrh for the massaging.

The next day we would use the Salt (plain sodium chloride; not that carrying other properties, but this well powdered) and pure Apple Vinegar.

Use one one day, the other the next. Continue in this manner, and we find that these ingredients will supply calcium, acids and oils that will prevent accumulations of water - or prevent the tendons becoming so taut as not to allow movement in the knee and the kneecap.

Female, Age 24, torn ligament in knee 5/5/42 1771-4

The specific disturbances that we find from the injury in the left limb or knee, - where there is a strained ligament between the upper and lower portion (and this in the right side of same under kneecap), - it would be better NOT to have operative measures but to apply - daily - in the afternoon or when ready to retire - wet heat; that is, heavy towels wrung out of hot water, as hot as body can well stand. Apply these once or twice and then thoroughly massage the knee, especially around the cap and on the inside and under side, with SALT that has been well saturated with Pure Apple Vinegar.

Do this for several days, and we should find - with the precautions - this disburbance being removed.

In the second and third day it may bring some excruciating pain, but it will disappear as DRY HEAT is applied - as from the Infra Red Light.

But continue with this and we will save a great deal of trouble later.

Of course, do not apply the Infra Red unless there is excruciating pain from the massage of the salt and the vinegar - and this should be well dampened with the vinegar, to be sure. This would be in the evening, you see - that is, the Infra Red - following the massage; but only if there is excruciating pain.

Female, Age 77 11/3/43 3336-P-1

In the area of the knee, where ligaments have been torn, use about twice a week this combination: moisten table salt (preferably iodized salt) with pure apple vinegar, not having it too liquid, but so that it may be gently massaged into the knee cap, and the ligaments.

While this will hurt a few times at first, if this is kept up each day for quite while, we will get better results here.

Male, Age 66 12/16/40 2051-P-3

When there is excruciating pain, we would paint the areas with a combination of three parts Laudanum to one part Aconite; then apply the heavy salt pack - coarse, heavy salt, you see - saturated with pure apple vinegar. This, heated and applied, will relieve any tension or strain, and the reaction of the sedatives and also the healing forces, as well as the rubs given as indicated, will continue to keep improvements. Put the salt in a sack or bag, see? Then saturate with vinegar.

(6/21/40 EC's reading at A.R.E. Ninth Annual Congress)

Mrs. C: You will give at this time a discourse on what are known as Sun Spots, explaining the cause of these phenomena and their effect on the earth and its inhabitants.

Mr. C: In giving that as we find would be as helpful information in the experience of individuals gathered here, many conditions and phases of man's experience in the earth are to be considered.

When the heavens and the earth came into being, this meant the universe as the inhabitants of the earth know same; yet there are many suns in the universe, - those even about which our sun, our earth, revolves; and all are moving toward some place, - yet space and time appear to be incomplete.

Then time and space are but one. Yet the sun, that is the center of this particular solar system, is the center; and, as has been indicated and known of old, it is that about which the earth and its companion planets circulate, or evolve (revolve?).

The beginnings of the understanding of these, and their influences upon the lives of individuals, were either thought out, evolved or interpreted by those of old, without the means of observing same as considered today necessary in order to understand.

Astronomy is considered a science and astrology as foolishness. Who is correct? One holds that because of the position of the earth, the sun, the planets, they are balanced one with another in some manner, some form; yet that they have nothing to do with man's life or the expanse of life, or the emotions of the physical being in the earth.

Then, why and how do the effects of the sun SO influence other life in the earth and not affect MAN'S life, man's emotions?

As the sun has been set as the ruler of this solar system, does it not appear to be reasonable that it HAS an effect upon the inhabitants of the earth as well as upon plant and mineral life in the earth?

Then if not, why, how did the ancients worship the sun AS the representative of a continuous benevolent and beneficient influence upon the life of the individual?

Thus as we find given, the sun and the moon and the stars were made also, - this being the attempt of the writer to convey to the individual the realization that there IS an influence in their activity! For, remember, they--the sun, the moon, the planets--have their marching orders from the divine, and they move in same.

Man alone is given that birthright of free will. He alone may defy his God!

How many of you have questioned that in thine own heart, and know that thy disobedience in the earth reflects unto the heavenly hosts and thus influences that activity of God's command! For YOU--as souls and sons and daughters of God--DEFY the living God!

As the sun is made to shed light and heat upon God's children in the earth, it is then of that composition of which man is made, or of that termed the earth; yet, as ye have seen and know, there is solid matter, there is liquid, there is vapor. All are one in their various stages of consciousness or of activity for what? Man--GODLY MAN! Yet, when these become as in defiance to that light which was commanded to march, to show forth the Lord's glory, His beauty, His mercy, His hope, yea, His patience, - do ye wonder then that there becomes reflected upon even the face of the sun those turmoils and strifes that have been and that are the sin of man?

Whence comest this?

All that was made was made to show to the sons, the souls, that God IS mindful of His children.

How do they affect man? How does a cross word affect thee? How does anger, jealousy, hate, animosity, affect thee AS a son of God? If thou art the father of same, oft ye cherish same. If thou art the recipient of same from others, thy brethren, how does it affect thee? Much as that confusion which is caused upon the earth by that which appears as a sun spot. The disruption of communications of all natures between men is what? Remember the story, the allegory if ye choose to call it such, of the tower of Babel.

Yea, ye say ye trust God, and yet want to show Him how to do it!

These become, then, as the influences that would show man as to his littleness in even entertaining hate, injustice, or that which would make a lie.

Be honest with thyself, as ye would ask even the ruler of thine earth...the sun...to harken to the voice of that which created it and to give its light IRRESPECTIVE of how ye act! For, as given, the sun shineth upon the just and the unjust alike, yet it is oft reflected in what happens to thee in thy journey through same.

The more ye become aware of thy relationships to the universe and those influences that control same, the greater thy ability to help, to aid, - the greater thy ability to rely upon the God-force within; but STILL greater thy RESPONSIBILITY to thy fellow men. For, as ye do it unto the least, ye do it unto thy Maker, - even as to the sun which reflects those turmoils that arise with thee; even as the earthquake, even as wars and hates, even as the influences in thy life day by day.

Then, what are the sun spots? A natural consequence of that turmoil which the sons of God in the earth reflect upon same.

Thus they oft bring confusion to those who become aware of same.

Let not your hearts be troubled; ye believe in God. Then just act like it--to others.

He has given thee a mind, a body; an earth, a land in which to dwell. He has set the sun, the moon, the planets, the stars about thee to remind thee, even as the psalmist gave, "Day unto day uttereth speech, night unto night sheweth knowledge."

These ye know, these ye have comprehended; but do ye take thought of same?

KNOW that thy mind--thy MIND--is the builder! As what does thy soul appear? A spot, a blot upon the sun? or as that which giveth light unto those who sit in darkness, to those who cry aloud for hope?

Hast thou created hope in thy association with thy fellow men?

Ye fear and cringe when ye find that the spots upon thy sun cause confusion of any nature.

How MUST thy Savior feel, look, appear, when ye deny Him day by day; when ye treat thy fellow man as though he were as dross and trash before thee?

We are through.

#900-2 (P-2; 9/2/24)
Q-9. How should this body go about to encourage faith in the Cayce work?
A-9. As given, find that applicable in his, /900/'s life. Find that which may be made so in the lives of others, ever remembering that the faith of the fathers gives and lends faith in the Maker when we can apply same in our daily lives. For, unless we can live by a faith we cannot implant same in the lives of others. So, then, to encourage this faith in the Cayce Institute, gain first the full knowledge of all those forces connected with same. Weigh them well in the balance of right, justice and of the duty that each individual owes to humanity.

Q-17. Has Edgar Cayce anything to do with his /900/'s thoughts of some charity to be interested in?
A-17. We find there are no coincidents, or chance coincidents. Each and every individual follows out that line of development of the entity in the present earth plane as it has received from the preceding conditions, and each grain of thought or condition is a consequence of other conditions created by self. And in this particular condition we find this is a condition wherein the body, /900/, may choose that which will give development for self. For this body, /900/, should remember this injunction, as was given: It is not that one should ascend into the heavens to bring the force to man, or that one should ascend into the elements, or go into the depths, to bring up the forces, for there has been set before you, this day, good and evil. Choose that which will bring the better development of self, and in lending to the Lord is the service that man renders to His Maker. For the silver and the gold are mine saith the Lord of hosts, and service to him who can serve his fellow man is the highest service to the Creator.

* * *

257-20

This psychic reading given by Edgar Cayce at his office, 115 West 35th Street, Virginia Beach, Va., this 29th day of July, 1927, in accordance with request made by self - /257/.

PRESENT

Edgar Cayce; Mrs. Cayce, Conductor; Gladys Davis, Steno., L. B. Cayce.

READING

Time of Reading
11:30 A.M., Eastern Standard Time

... Avenue,
New York City

Mrs. C: You will have before you the body and the enquiring mind of /257/, of ... Co., ... Avenue, New York City. Also the Association of National Investigators, Inc., with its officers and trustees, and its ideal and purpose. You will answer the questions which I will ask you regarding this individual and his association with these.

Mr. C: We have the body and enquiring mind of /257/. This we have had before. We also have the Association of National Investigators, Inc., with the ideal and purpose of such an association.

In considering the association of any individual with the ideas and purposes of such an association - and we find

that this individual is numbered among those of the officers and trustees - if such an individual's ideas and purposes are not compatible with the ideal and purpose of such an organization, then that individual should NOT be associated in ANY manner, shape or form, with such - and as to how much one's purpose and ideal DOES compare with the purposes of Association, then to that extent should such an individual lend self in every way and manner to further such lessons; for we find the Association is organized, formed, for a definite purpose: To study psychic phenomena in all its phases, and to gain lessons from same that these lessons may be applied in the lives of individuals as respecting their health and the educational purposes of same, see? When other ideals or other purposes are first and foremost in the mind of any individual as respecting the purpose of such an organization, then the ideals and purposes of that individual are not in keeping with the ideals of that being attempted. The INDIVIDUAL is ACCOUNTABLE IN SELF as to what its ideas, purposes or ideals are, and is NOT to be dominated or persuaded, or forced, through any condition, to give even a purpose, or word, toward other than its INDIVIDUAL ideal and purpose concerning same - for, as has been given, God created man in His own image, and gave, "I have set before thee - this day - good and evil. Choose THOU whom thou will serve, whether the ideals as are set in His way and Spirit, or the desires of the flesh."

Ready for questions.

Q-1. What is the attitude of /257/ and his association with members and officers of the Association, etc., for the development of the Association of National Investigators?
A-1. As given, this should be answerable, and ANSWERED, within self - and if the ideas and ideal of Association is compatible, or the entity or body mind desires to make self compatible to those ideas and ideals, study to show THYSELF approved UNTO the ideal! for the answer MUST COME FROM WITHIN as to whether the desire is to make self one WITH that universal force or not.

Q-2. What benefit will the work derive from the association of /257/ with the work?
A-2. That as /257/ administers and spends as toward the purpose and ideal of the Association. Think not to do evil that GOOD may arise from same and that the evil will not rise within thine own heart.

Q-3. Has /257/ been sincere in his efforts to assist the work and family of Edgar Cayce?
A-3. This is answerable within self, and the fruits and results of same show for themselves. Let the fruits speak, for the tree that beareth fruit is the living ensample of the efforts put forth. Those conditions as arise from the efforts of the entity toward being of assistance are proof beyond question of what the sincere desire or the intent and purpose of the body /257/ has been towards such phenomena.

Q-4. Will /257/ be able to aid in the upbuilding of the hospital and kindred works?
A-4. If /257/ desires to he may - for, as has oft been given the body and the mind of /257/, the body is of the chosen people that may draw nigh unto Him that is the giver of all good and perfect gifts - and in making self one with those purposes as are set in Him, and as the purposes of the Association are compatible WITH the ideals of the individual and are made one, think not that the service of the body, or mind, is to be governed other than by that ideal as must be set in the oneness of the

purpose of the Association to make the Association and its teachings, and its tenets, and its educational forces, and powers, and its benefits to individuals through the application of information as obtained, or the regaining of health and strength and knowledge - and that in this ALONE - and in this service alone, IRRESPECTIVE of other INDIVIDUALS' ideas or ideals! As was said of old, set this within thine own heart: "Let OTHERS do as they may, but for ME and MY HOUSE, we will SERVE that purpose as is compatible with those truths as have been set, and as are gained from the DIVINE, and NOT as an ideal or purpose of any individual associated or connected with same! Let thine OWN heart speak, and NOT the word of another - for UNTO the purposes as are set from on high is the body accountable unto the divine forces for that as is enacted in the flesh, body or mind! Make thine HEART right and one with Him, and set that ideal as above ALL.

Q-5. Why does a seeming antipathy exist between this body and the President of the Association, /900/?
A-5. For the ideas of each are viewed from a different angle. Both being right and both being in error. Set thine OWN house in order, and through the results of that obtained by SETTING thine house in order, let thy WORKS constrain thine BROTHER to do likewise!

Q-6. Should any member joining the Association be told if he does not donate he cannot be a trustee?
A-6. These - and such kindred questions - are not even compatible with the ideas and ideals!

Q-7. What should be the attitude of the officers in seeking donations to the Institute?
A-7. Attitude of service to man, and through same - as has oft been given - is the highest service to the Creator.

Q-8. Can /257/ receive donations from people he has introduced during the past years?
A-8. Provided /257/ presents same as a SERVICE to mankind, and not as "I accomplish so much for so much." Let the body mind, the body consciousness, gain this lesson: That "I must be made one with the I AM," rather than the I made to appear as the representative of the I AM, see? for let that mind be in YOU which was in Him as gave those lessons as were written upon the tables of stone - for this begins with the first and the greatest commandment of all: Set not SELF in seeking or in obtaining, or in any manner set self beyond or a JUDGE of ANY man's, or of any INDIVIDUAL'S, or of any ideas above or beyond that first set, "Thou shalt love the Lord thine God with all thine heart, thine MIND, and THINE BODY!" Act, talk, and BE as that as set first, see? Not position, not in power, not in might - for He that makes himSELF of no ESTATE may become through same the greatest of all - for, as has been given, "Though He were the Son, yet learned He OBEDIENCE through the things He suffered." Set not self's opinion, set not self's position as being of aught - "but that I may be USED as the channel of BLESSINGS TO OTHERS! Not as to how may I GAIN blessings from service to others, but how may I be used as the CHANNEL of blessings to others." In the ideas, in the purposes, as are set forth in this Association, these are as the tentative ideas of SERVICE. Wilt thou apply, and let thine mind, thine heart, thine body, be used as a channel of blessings to others? Answer - ANSWER - from within!

257-20 (cont.)

Q-9. Advise /257/ just what his duties are as trustee and as to the capacities designated.
A-9. In applying self in the ways and manners as has been designated for any officer or trustee, or anyone to whom there is given this opportunity - not a burden, not a tax, not as a labor - but as an opportunity to be a channel through which others may gain an idea and a manner of closer approach to the thrones of grace - mercy, peace, joy - as come from service to man, and from keeping the precepts of the Creator.

Q-10. Give a detailed plan by which this body is to work for the best interests of the Association.
A-10. This has been given. Work the plan! Work SELF well first - for the body, the mind, the heart must first be compatible with the purposes and the ideals as are set forth for the enlightenment of those who would seek to know more of their associations with God and man - for same may be applied, same may be gained, through these sources - for God is Spirit, and seeks such to worship Him, in mind, in heart, in body.

Q-11. Should the body invest in the lots adjoining the hospital?
A-11. As has been given, this is well to be done. The entity must answer for self as to whether this MAY be done or not. It has been given that through this means MONEYS may be made for individuals. Individuals must answer within themselves as to their conduct towards such. These, as we see here, would be well - from the material standpoint. What will be DONE with the material gain is the answer that the INDIVIDUAL must make first.

Q-12. What has the body accomplished for the good of the work and welfare of Edgar Cayce during the past ten or twelve years?
A-12. As has been given, the results speak for themselves - and, as is seen, the entity, the body, the mind of /257/, should become conscious of this one fact: Each individual gains its concept of how much or how little has been gained by the entity as respecting the phenomena, the work, or the body individual, according to its knowledge, its concept of the purpose and intent for which such labors, or such ideals, are directed towards such conditions. See?

We are through for the present.

* * *

#257-78 (2/6/32)
Q-12. Should I suggest to H.G. that his friend take over or build a new hospital, or just carry on the work as now being conducted?
A-12. Let that be also from the dictates of their own conscience. There must come to each individual that contacts same, that concept individually of the needs for the propagation of such work, such phenomena. In unison of cooperation, let those then act as is the action of their own dictates - See? Each must see the needs, the necessities, that are present in such undertakings. Then, as these are builded in the lives of those that contact same, so let them act as seemeth good in the light of that they have received; for he that is ungrateful beareth the greater sin.

* * *

This psychic reading given by Edgar Cayce at his home on Arctic Crescent, Virginia Beach, Va., June 30, 1935, in accordance with request made by those present at the final meeting of the Fourth Annual Congress of the Association for Research & Enlightenment, Inc., 4:30-5:05 P.M:

Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno., Florence & Edith Edmonds, Esther Wynne, Lillian Barclay, Abbie Kemp, Edith Fox, Josephine L. B. Macsherry, Alice Harris, Minnie & C. A. Barrett, Frances Y. & Frances Margaret Morrow, Louvenia & O. J. Benthall, Annie F. Chase, Margaret Wilkins, Ruth LeNoir, Helen Ellington, Myrtle Demaio, Elsie Jeffery, Anna E. Hendley, L. B. & Hugh Lynn Cayce & others, including Beth Graves, Mae Smith, Edna B. Harrell.

Mrs. C: You will have before you the interest of this group, present in this room, in aiding in bringing spiritual enlightenment to others, and the way opened through presenting the psychic work of Edgar Cayce through the Association for Research & Enlightenment, Inc. You will give a discourse on how we may best present these truths to others, and will answer the questions that may be asked:

Mr. C: Yes, we have the group as gathered here, as a group, as individuals; and their interest in how they may be of aid or help to their fellow man.

In giving that as might be helpful to each, in presenting the truths of a spiritual nature as come through the channel here of Edgar Cayce, this might be answered in the one sentence, "As ye have received, so give." If that which has been thine experience has brought thee to a closer understanding of the Divine within, whether from the physical, the mental or the spiritual approach to this work, then of the abundance of thine own experience give out to those that seek; that they, too, may be filled in their own way and manner.

For he has promised, and His promises are sure, "What ye ask in my name, believing, ye shall receive."

Many are the channels, as are the minds, of those gathered here. Many make their approach in the manner in which they as individuals have heard, have experienced, have received.

Then all with one purpose, one aim, one desire, yet in their own way and manner, should present that they have received. And though someone may laugh or scoff at what ye say, be not dismayed; for so did they at thy Lord

As to manners or ways as a collective group: What ye find to do, with willing hands DO ye. This may to thine own mind, then, appear to be very indefinite, intangible. Yet is there not set in the experience of each that through some specific office, through some specific group as a part of a working unit, there is specific work set for that unit?

As an individual, then, do thy part; realizing that each and every chain is only as strong as the weakest link. Thou art a portion. Hast thou fulfilled, wilt thou fulfill, that as is shown thee by thine own experience with same?

What is the manner, the way that thou shouldst choose? As He has given, and as ye would ever hear and know, if and when ye love one another even as He hath loved you, then thou wilt be, thou hast been, thou art shown the way. Not that any dictum is set! For He hath made thee to choose; and has said, "When ye call, I will hear - when ye are my children, I will be thy God."

So, as the work goes about in its various

phases and channels to give help, aid, to this or that phase of its activities, and thou as an individual art called, or thou as an individual art impressed or feel that thou art called, then ACT! Act as thy conscience and thy heart dictate; as thou has received, so give.

Thus may ye accomplish that which is set before you as a group, as an organization, as an individual.

For unless thy heart, thine mind, is in that ye would do, naught can come to thine efforts. For this is the law; as ye sow, so shall ye reap. For man may make all efforts, all activity, but only the Spirit of Truth, only God may give the increase, the result. For He is the life, He is Truth. As ye give expression of same in thine experiences, in those channels, in those promises, in those places of thine daily activity, the results only then can and will and do become manifested in the lives and experiences and expressions of those ye contact, as an activative and motivative influence.

For remember ever, the little leavening that ye do day by day leavens the whole lot.

So, let thine mind, thine heart, thine body, be given in that manner in which ye have received; so give ye to thy fellow man.

Ready for questions.

Q-1. What should be the central purpose, the central ideal in presenting the work?

A-1. The Truth that shall make you free in body, in mind, and one with the living force that may express itself in individual lives.

Where there is illness of body, then give that which may make it free from those adaptings of itself to that which has bound it in this material expression.

Where there are those troubled in mind, with many cares, if they are seeking for the spiritual way, they, too, may find how in their own experience they may give the greater expression in their application of that they have in hand.

Where there are those who seek for the channel in which they may be the greater expression in this material plane in the present experience, they, too, may find their own selves and their relationships to the holy within.

These should be the central themes. As to the choice of this or that manner to be used, follow the manners which have been set through which individual groups here and there may receive enlightenment or aid in a better understanding or concept of what such information is that may be supplied through such a channel, and how it is of help. These are being opened.

Those that are seeking for channels to aid those who in body have become under the bond of this or that affliction, this or that ill or ailment, may stress this particular line of endeavor in their activity. And some who are already aiding in such directions will soon seek the concept of some that are here. Give expression in mind. As ye have received, give out.

You who feel that you are of little help here or there, or in manner of giving expression in thy words of mouth, then so live that ye have received that Spirit of Truth - not of any body but of Truth, or Christ - may be manifested. And those seeing--though ye struggle with the cares of earth, the cares of life - will, too, take hope and find in thine effort, in thine endeavor - though stumbling it may be - HOPE, and find the face of Him who has set a way for all who will enter in, who will sit at last upon that judgement within thine self. For, "As ye have done it unto the least of these, ye have done it unto me."

Q-2. Should we try to inform or teach children about spiritual enlightenment, or merely show the way by example?

A-2. By precept and example. More and more will there be that preparation. For in the present, as we have given, the more oft is the mind of the young trained to the material rather than to the spiritual! But in thine training do not say one thing and live another!

Q-3. How should we present the work to one in orthodox faith?
A-3. Come and see! In that manner. Not as imposing, not as impelling, but to all, "Come and see." For only those that are in need of the answering of something within will heed. If they are satisfied in their own mire, or their own vomit, then do not disturb. For only the Father may quicken. But so live in thine own life, in thine own associations; not finding fault. For if thy Father, God, had found fault with every idle word or every unkind act in thine experiences, what opportunity would ye have had in this experience?

If ye would find and know mercy before Him, be merciful and kind to those in whatever faith or whatever group ye may find them.

Oft ye will find, if ye so live, that others may say, "What has caused you to do this or that?" Not as a crank, not as one bereft of this or that. Live even as He, in thine social life, in thine home life, in thine business life, in thine own expressions everywhere, in such a way and manner as to bespeak that which thou would have thy God, thy Christ, to do or to be to thee.

Q-4. What should be the approach to one who has become interested in cults, isms, etc.?
A-4. In that same manner; for what is the difference? As He has given, it will ever be found that Truth - whether in this or that schism or ism or cult - is of the One source. Are there not trees of oak, of ash, of pine? There are the needs of these for meeting this or that experience. Hast thou chosen any one of these to be the all in thine usages in thine own life?

Then, all will fill their place. Find not fault with any, but rather show forth as to just how good a pine, or ash, or oak, or vine, thou art!

Q-5. How should we present it to one who has lost faith in Creative Force?
A-5. Live it! For that in the material world is the manner in which each soul, whether in this or that thought, takes cognizance of that about it. In so doing, as He has said, ye heap upon the head of him who has denied faith, who has denied the Lord, that which will make a call or desire for a change; and then ye may point the way that has been helpful, hopeful to thee.

Be not overcome with those things that make for discouragements, for He will supply the strength. Lean upon the arm of the divine within thee, giving not place to thoughts of vengeance or discouragements. Give not vent to those things that create prejudice. And, most of all, be UNSELFISH! For selfishness is sin, before first thine self, then thine neighbor and thy God.

Love ye one another. Give as ye have received.

We are through for the present.

COME, my children! Bow thine heads! For I would BLESS thee in thine choice!

This psychic reading given by Edgar Cayce at his home in Pinewood on Lake Drive, Virginia Beach, Virginia, this 26th day of April, 1932, in accordance with request made by those present: Edgar Cayce; Gertrude Cayce, Conductor; Gladys Davis, Steno., Mildred Davis and Hugh Lynn Cayce.

Mrs. C: You will have before you the information which has been given regarding the psychic work of Edgar Cayce, present in this room. You will answer questions regarding the various phases of this work that will aid those studying it.

Mr. C: Yes, we have information that has been given respecting the psychic work. Ready for questions.

Q-1. In organizing a small study group to begin a more thorough study of the psychic work of Edgar Cayce, advise us as to what approach should be made and what subjects should be taken up first.
A-1. As the subject is questioned by many, this - to be sure - is an illustration of one who never heard of psychic work, if that's the way the desire is to begin.

First some review of individuals who have given time, study, or who have written as respecting various phases of psychic phenomena (such as Hudson), and especially as related to the character of that as manifested through the individual. Then the outline or the study of the developing of, or the various attitudes that have been assumed by individuals and public through the years, and the various phases of its development. The good, physically, mentally, spiritually, that may have been brought to the lives of individuals.

Q2. How can the language used in readings be made clearer, more concise and more direct?
A-2. Be able to understand it better!

Q-3. Tell us specifically what should be done by, and what the attitude of the following should be, to obtain the best possible reading. First, one seeking information:
A-3. Those who receive a prophet in the name of a prophet receive a prophet's reward. Those that would seek God must believe He IS, and that He is a rewarder of those that diligently seek Him. That's the attitude one should approach.

As to the attitude of the individual through which the questioning is, or the intercollator - passive. That of the individual through whom the information may come - active; the desire - <u>sincere</u> desire - to be of help. There are your three phases!

Q-4. Of one requesting information for another.
A-4. That's very good, but don't often get very far.

Q-5. Those present in the room.
A-5. Active.

Q-6. Is there any special information, or type of information, which should be sought through this channel to present to the world, which is not being made possible with the present approach and types of readings sought?
A-6. As has oft been given, "Sufficient unto the day is the good or the evil thereof"; As there is the understanding of the various characters of information that may be had, or as may be sought, or - better still - when that which <u>is</u> obtained is put into active forces, or activating in the world, then more may be given. Why feed pearls to swine, or why - He that knows to do good and doesn't, to him it is sin! Why create more enviorn? If you're not going to use that you have, better not try to get any more!

We are through for the present

The Edgar Cayce - WORK
A.R.E. Policies
254-75

(5/21/34 re. selection of A.R.E. "trustees who will constitute the new Board to be elected at the Annual Congress in June. As I call each of the names that have received as many as five nominations from Active Members to be voted upon, you will consider all qualifications and conditions in relation to the work of the Ass'n and give such reasons for their selection or rejection as might be used in requesting their co-operation or in giving reasons for not considering them to the present Board.")

EC: Yes, we have the work of the A.R.E., Inc., and its members and their various interests and activities in relationships to a work of this nature.

In considering those who should present the policies of an organization of such a nature as the Association for Research and Enlightenment, it would be well that those chosen have of themselves a personal interest in the work being presented - and in the channel; yet those not so narrow as to hinder the active work of the Association in considering or presenting varied phases of phenomena that may be of a kindred or even a supplementary nature to that being fostered in the one who is being considered in the main.

Hence such a board should be chosen with care and with consideration. Ready for names....

Those that do not respond or accept immediately those activities, do not number them among those that are to be those formulating policies and activities of the Association. Then we would present to the Board present that accept, and forward to the others in writing, the policies - as we would see from here. We are through for the present.

2/21/34 254-77

Mrs. C: In accordance with the information through this channel on May 21st [254-75], we seek at this time a presentation of the Policies of the Ass'n for Research & Enlightenment, Inc., as may be given through this channel. Copies of that given, we understand, should be presented to those trustees elected at the coming annual Congress and to those to whom we write asking that they accept the position to which they have been elected. Questions.

Mr. C: Yes, we have the information that has been given respecting that which should be given to those who may be selected as the trustees of the Association for Research and Enlightenment, Incorporated.

In dealing with policies, this as is understood even for a research organization whose purposes and ideals have been outlined and should remain in the same manner as they have been outlined or accepted, must not only be construed or viewed from the point of being a concrete active organization with an ideal as to its purposes and aims, but the spiritual aspect - to be sure - must be considered, that the policies are at least consistent with the character of the information that has been accepted or heretofore presented from time to time as being helpful or beneficial in the experience of those who have applied same in their own experience.

For, consistencies - with proofs and facts - should at least be one of the watchwords of the organization.

That those who may be chosen have ideas respecting the conducting of an organization of this nature or character may be expected.

That the purposes and the ideals set forth will be wholly acceptable to all must, of course, in its first cause or premise be acceptable to any who may accept the authority or or the place as one in authority respecting making the policies or presenting in any form or manner data that may be given, gathered or presented to others.

What then, is asked, should be the policies of the organization?

Much as has been set forth in the presentation of the organization from time to time; that it, the organization, is first - as the name indicates - a research, then an enlightening organization; that the activities of same in every direction will be consistent with, and in keeping with, those things that are first sacred, those that are true, those that are helpful, and yet being tolerant to all and keeping in that way of presenting only that which has been experienced in the affairs of those that WOULD induce, persuade or subscribe to any of those things that may be presented through such channels for CONSIDERATION by those who are seeking in this character or phase of subjects that may be presented from time to time. That there should be certain given periods devoted to the research work on various subjects at various periods, not only for the enlightening of the Board itself but for other organizations that are - as this - lights unto their OWN groups or adherents to their causes or purposes. That there should be certain periods given wholly or entirely to those that are not able to contribute but who are desirous of being a portion of such an organization.

That, as has been given first as a policy, any part of the work itself that does not work as a consistent thing, as a consistent thing from the idea of the material, the mental or the spiritual aspects, should be discarded and should be changed.

Such an outline should be presented , as we find, as to what the policies of the organization are, and of those that are PRESENTING the organization or the work at this time.

(7/17/34 volunteered at end of #5756-14 on Spirit Communication, after Mrs. C. had given the waking suggestion. [We interpreted this as a description of the ARE seal. GD])

Mr. C: The Cross as the emblem, with the dove and the olive branch, brings peace to those that seek rather to give to their fellows that which is helpful and hopeful in their experiences.

Because many interpret that they have received contrary to thine own manner of thought, find ye not fault with them; for He has given, "They that gather not with us scatter abroad" that which may open the door, the way, for those that seek to know the Maker, the Giver of Life, eternal. Glory ye in the promises of thy

Lord, thy Master, thy brother, in those things that He would do in the earth through thine feeble efforts. For He will give thee strength and will bear thee up to meet the burdens of the day, the hour. Faint not. Be not overanxious, for His ways are thy ways if ye seek to let Him have His way with thee.

The Cross grows brighter, and yet a cross for every one. Without the cross there is no crown. Without the bitter there is no sweet. Without love, ye are lost indeed.

* * *

(9/28/34, volunteered at end of #673-1 for a 25 yr. old woman with a brain tumor [considered inoperable and incurable].) 254-79

Mr. C: How much suffering there is! And how happy those should be that have been called to a purposefulness in relieving suffering physically, and most of all in bringing and in giving hope to those who find life's pathway in the material world beset with shadows and doubts and false hopes.

Give ye thanks for THY own calling; for whom He has loved He has predestined - and ye are in thine own light when ye allow the foibles of material things to hinder in thy application of that THOU KNOWEST to do.

(6/11/34, volunteered at end of 378-50 on a missing person, after entire suggestion had been given by GC for waking EC.)

How beautiful the face of those whom the Lord, the Christ, smiles upon! He would walk and talk with thee, my children, if ye will put away from thy mind those things and conditions that ye feel are in the way. For, they are as naught compared to the great love that He has bestowed upon His brethren.

How beautiful the face, how lovely the clouds! In His presence abide; ye every one of you are before Him just now. His face is turned toward thee, His heart and hand is offered you. Will ye not accept Him just now? How glorious the knowledge of His presence should awaken in the hearts of you, for He is lonely without thee; for He has called each of you by name. Will ye fail Him now?

Let His love, as He gave, be the impelling influence in thine associations one with another; yea, though ye crucify Him in thine activities and words one to another, He was crucified that ye might know Him the better. For thus He became thy Lord, thy brother, thy Savior, thy Intermediator with God, the Father!

Count it joy, then, even as He, that ye are called by Him in a service - in a loving service - to thy fellow man; for through this lowly, weak, unworthy channel has He chosen to speak, for the purposes of this soul have been to do good unto his brethren. Love ye him. Comfort and care, for thy Master has loved him, thy brother, thy neighbor, thy friend! Love God, eschew evil. Speak oft with thy brother, thy Savoir, thy Christ, for He is oft in the midst of thee. He would bless this house, will ye but keep Him near at hand. Turn Him not away with harsh words, unkind thoughts, or belittling acts one to another! If ye are faithful to confess thy faults one to another, He is faithful to forgive; for He alone can purge thy soul and make it light in His heart, His bosom, His blood. For it was shed for thee, that thou mightest know the love of

of God, of Christ, in thine day. For the hand of the Lord is upon thee, and upon him that speaks with thee. Do good that He may abide with thee, that the clouds of doubt and fear may be purged every whit from thine experience, from thine consciousness; and know that He is ALIVE in thee, wilt thou but love one another even as He has loved you.

See the glory of His light shine upon him that speaks to thee. Know the Lord is nigh unto thee. Fare ye in the way that brings peace, harmony; for if ye will have peace, make peace with another, make peace with thy self, thy Lord, thy Christ, thine brother!!

Love one another.

(10/1/34 re. A.R.E. program) 254-80

There are many phases of the approach to individuals. Every individual's troubles to him are the most important in his experience. Truth itself meets all such conditions, for it takes the individual where the individual is, meeting the individual problems in the individual's experience; else that which is truth becomes false to that individual. What has been the law of the universal influence? "To all men I will be all things, that I may thereby save the more." Hence in presenting a channel of approach, of course, as has always been, it should be first to the individual - the physical; then to the groups - the mental; then to the masses - the associations of those individuals into the various groups of study and activity. Hence the physical approach, the mental expansion, the group activity.

(1/12/35 re. aims and purposes of A.R.E.) 254-81

First, it is organized to present the work of an individual in an equitable, in a consistent, in a legal, in an efficacious manner. This is its first purpose, first aim. Only, then, that which will be of a nature to interest, convince, justify in the minds of those so tempered in such directions, should be presented as part of the purposes, the aims and dwsires of those that would foster such...

That there are the desires of many to seek through such an organization for the justification or the verification of that individuals or groups have deemed, do deem, as an element of education, enlightenment, is evidenced by the varied manners in which approaches have been made...

Do all things in decency and in order. Do the first things first! Yet know that these must all be kept in their correct, in their proper sphere of research - and then the enlightenment...

Then, present more and more that which is not the sensational, not that intended to impress superior minds - they are already correctly impressed so far as they are concerned! Look rather to that which may be for the helpfulness, hopefulness that may be experienced in the minds of those that seek to know their Maker. For those with a million dollars are no more precious in the sight of the heavenly Father than they that are hungry in the street! Who, in the light of that thou presentest as a purpose, needs the most?

We are through for the present.

INDEX

A word about the index.

This is an attempt to make available for quick reference, material often needed in a hurry, and to help in finding scattered material about similar or related subjects.

-A-

abdomen - 112
abilities (attributes, capacities, faculties), mental - 1, 2, 21, 27 34, 36, 63, 74, 107, 110, 116, 118, 122, 124, 141, 150, 178
Abraham - 93
abrasions - 23
abuse - 64, 70, 71, 123, 174-176; 178
Abyssinia - 136, 150
accident - 61, 122, 160
achievement, highest - 66
acid - 34-36; 38, 58, 188
acid-alkaline balance - 33-36; 38, 43, 44, 100, 104; see also assimilation; diet; eliminations
acidity - 35, 36, 100, 101, 112
Aconite - 188
acorn - 184
act(s) - 64, 72, 89, 110, 190, 193, 196
  belittling - 194
  unkind - 197
activative force - see force
active force - see force
activities, balance - 21, 22, 27, 28, 38
Adam - 12, 42, 80, 93, 184
adhesions - 111, 112
Adiron - 109
adjustments, osteopathic - 5, 6, 19, 24, 34, 53-57; 61, 62, 71, 75, 76, 105, 106, 111, 186, 187
adrenals - see gland(s)
advice - 71, 95, 165
  of Ra - 147
aeroplane - 62
affliction - 196
Africa - 125, 132
age(s) (also day) - 1, 14, 17, 47, 49, 79, 80, 88, 94, 119, 125, 126, 128, 149, 152
  present - 11, 12, 14, 15, 18, 45, 92, 125, 126, 128, 129-132; 135, 136, 139, 143-147; 150-154; 164, 201
aged (old) - 143, 152, 159, 176
aggrandizement - see self-aggrandizement
agriculture
  Egypt - 141
  Gobi - 159
Akashic records - 1, 2, 119, 123, 133, 155, 157, 158, 177, 178, 181, 183, 184
  see also Book of Remembrance; influences: astrological, planetary sojourns: planetary
albumin - 101, 104
alcohol - 102; see also intoxicants; stimulants
  grain - 23, 24, 59, 60
alcoholism - 3-8 incl.
  treatment - 4-8 incl.
alimentary canal - 3, 35, 106; see also digestive system
alkaline - 34, 43, 103, 104
alkalinity - 34-36; 44, 103, 112
allegiance - 143
allegory - 190
allergy - 9, 10, 59, 60
almonds - 109
alms - 178
Alophen - 38
altar(s) - 98
  family - 163
  sacrificial - see Atlantis; Egypt; Mayan
aluminum cookware - 44
America - 11, 16, 137, 163, 179
  Central - 14, 162
amethyst - 13, 136
ancients, the - 189
Andrew - 85
angel(s) - 78, 86, 171; see also Ariel; Azul; Gabriel; Halaliel; Michael
  herald - 84
  of light - 162
anger - 21, 36, 81, 97, 119, 190
animal(s) - 9, 17, 46, 137, 143, 154, 155; see also force; kingdom; individual references
  as servants of man - 52, 127
  organism - 76

animate force - see force
animosity - 89, 190
ankle - 55, 56, 187
Anna - 78, 85
antiseptic - 33-35; 53, 59, 187
antrum (jaw) - 185, 186
anxiety - 76, 105, 160, 177
aphonia - 69, 72, 76
Apollos - 88
apostle(s) - 25, 90, 118; see also disciples
Apostle's Creed - 25
appendicitis - 112
appetites, bodily or physical - 8, 66, 67, 90, 100, 102, 108
appliance, electrical - 37, 38, 44, 75
Radio-Active - 55, 75, 103
Wet Cell - 71, 74, 76
application, practical - 1, 8, 21, 47, 63, 64, 67, 71, 76, 89, 93, 95, 99, 102, 103, 107-109; 113, 114, 117-119; 123, 124, 127, 151-154; 157, 158, 165-167; 169, 172, 175, 179, 180, 191-197; 199, 201
new - 80, 94
appreciation - 110, 118, 124
art - 27
Araaraart - see Egypt
Arabia - 87, 126
Ararat - 133, 134
Arart - see Egypt
archaeological research - 16, 161, 163; see also Egypt
arches
fallen - 104
metatarsal - 55
Arctic - 12
Arcturus - 40, 116, 117
A.R.E. - see Association
Ariel- 170
Arizona - 125
arm(s) - 53, 54, 57, 104, 111, 187
of the divine - 197
Armageddon - 131
Armed Services - 66
armor - 157
army - 181
art - 27
arthritic - see tendencies
artists - 141
Aryaz (Aryan) - 12
ash - 10, 197
ashes - 13, 14, 69
Asia - 125
aspiration(s) - 66, 73; see also ideal
aspirin - 38
assimilation - see also acid-alkaline balance; diet; eliminations
balance - 5, 8, 20, 44, 59, 60, 70, 104
poor - 3, 4, 53
Association for Research and Enlightenment, Inc. - 169, 171, 172, 195; see also Work
members - 199
policies - 199-202
research - 199, 200, 202
seal - 199
trustees - 199, 200
Association of National Investigators, Inc. - 191-194 incl.
President - 193
trustees - 191-194 incl.
associations (or relationships)
business - 29-32 incl.
personal - 2, 8, 10, 22, 28, 45, 63, 66, 67, 68, 73, 74, 77, 87-89; 97, 103, 108, 110, 118, 119, 120, 133, 139, 144, 148, 151-153; 173, 174, 176, 178, 190, 192, 194, 197, 201, 202
astigmatism - 53
astral - 169
astrologer - 126
astrological - see influences, astrological
astrology - 189
astronomical - 130
astronomy - 189
Atlan - 162
Atlanteans - 151, 152, 159, 177
Atlantic Ocean - 125, 132
Atlantis - 11-18 incl.; 130, 132, 137, 150, 154, 156, 159, 162, 164, 179; see also Bimini; Egypt; Mayan; Yucatan
buildings - 12, 15, 18
temples - 13, 16
altars, sacrificial - 12, 13
canals - 12
castes - 11, 14
communications - 13
destruction - 11-18; 146, 149, 150, 161, 164
evidence of - 11, 14
human sacrifice - 12, 13
location - 11
present influence - 11, 13, 130
records - 14, 16, 17, 152, 164, 179
science - 15-18 incl.

Atlantis (cont.)
science
firestone (prism) - 13, 15-18
sun worship - 13
travel - 13, 15, 18
atmosphere (earth) - 15
atmospheric conditions - 31, 65
atomic force - see force
Atomidine - 57, 61, 109
atoms - 90, 92, 100
at-one-ment - 1, 27, 40, 42, 47, 48, 51, 67, 74, 91, 95, 97, 110, 113-115; 168, 170, 172, 192, 193, 196; see also ideal; Jesus; The Ideal; The Way - 84, 87, 89-92; 97, 115, 116
atonement - 80, 94, 97; see also blood: of Jesus; death: of Jesus
attitudes -
mental - 7, 8, 21, 22, 27, 28, 36, 54, 61, 62, 70, 71-73; 105, 106, 110, 119, 174, 193, 198
physical - 8
public - 198
attraction - 41, 67, 122; see also force; gravity
attributes, mental - see abilities
attunement - 17, 22, 25, 26, 45, 74, 90, 110, 144, 166, 173, 174, 175
to beauty - 27, 28
to consciousness - 10
to nature - 10, 22, 27
to truth - 10
auditory - see ear; force
author
of Bible - 94, 189
of faith - 181
of life - 170
authority (spiritual) - 101, 151, 167; see also source(s); authoritative
automatons (or things) - 14, 132, 151, 153, 154
avarice - 81, 137, 166
awakening
physical - 21
spiritual - 5, 8, 16, 17, 42, 63, 72, 107, 108, 124, 144, 174, 176
awareness - 1, 2, 5, 6, 42, 68, 80, 94, 117, 118, 169, 190; see also consciousness
of cells - 10
of God - 1, 26
of self - 178
lack of - 39
three-dimensional - 2
awe - 84
axis (earth) - 131
Aztec - 161
Azul - 167

-B-

Baal - 163; see also Belial
Babel, see tower
baby care - 19, 20; see also diet: for baby; teeth: formation of
nursing - 19, 20
bacilli - 35, 70
back - 54, 97, 109, 112, 187
backache - 53, 187
back-biting - 81, 166
bad - 2, 114
Bahamas - 11, 34
baking soda - 35, 38, 55, 56
balance - see acid-alkaline balance; activities: balance; balanced life; diet: balanced; equilibrium
balanced force - see force
balanced life - 21, 22, 27, 28, 34, 35, 36, 38, 43, 107, 109
baldness - 23, 24, 57
banishment, of soul - 50
defined - 115, 182
banner(s) - 29, 119
banyan - 93
basic force - see force
bath - 109; see also Turkish Bath
fume - 54
battle - 131, 168
beans - 43, 111
bear - 45, 46
beard - 57
beasts - 45, 46, 51, 137
of burden - 127
of the field - 127
beauty - 26-28; 68, 87, 108, 109, 118, 138, 140, 141, 189, 201
bed-wetting - 71, 73
beggar - 27
beginning, the - 40, 47, 48-52; 77, 90, 94, 96, 100, 113-115; 123, 170, 172
being - 22, 67, 68, 72, 87, 94, 99, 109, 114, 115, 172, 174, 193
mental - 6, 48, 72
physical - 70, 105, 189
purpose - 72, 90
spiritual - 72
beings, celestial - 114
Belial (or Baalial) - 14, 16; see also Baal sons of - 179

belief - 25, 87, 90, 110, 168, 195, 198
Bengay - 186
Benzoin, Tincture of - 60, 187
beryl - 13, 136
Bethlehem - 83, 93
Bible - 83, 93, 94, 114, 189
paraphrased - 30, 48, 51, 63, 71, 73, 81, 95, 110, 118, 123, 124, 131, 159, 179, 189, 193, 195, 196
references - 7, 11, 25, 26, 28, 29 50, 52, 63-66; 68, 73, 75, 77-80; 84-90; 93-98; 100, 108, 110, 113, 114, 131, 140, 151-153; 162, 165-168; 170-172; 174, 180, 182, 184, 190-198; 200-202
bile - 37
Bimini - 11, 16
birds - 22, 45, 46, 137
birthright - 117, 123, 189
bitter - 201
bladder - 24, 73
blemishes - 109
blessing(s) - 26, 65, 66, 68, 93, 120, 193, 197; see also channel
blind, the - 159, 172
blindness - 63
blood - see also force: blood; leucocytes; plasm
cells - 9, 10, 100
circulation - 3, 9, 20, 23, 24, 33, 35-38; 53, 55, 57, 61, 69, 70, 72, 101, 104, 187
capillary - 20, 23, 24, 38
hepatic - 185
count - 100
of Jesus - 26, 97, 170, 201
pressure - 3, 69, 102, 104
red - 9, 38, 100
supply - 3-5; 9, 23, 35, 37, 38, 43, 75, 100
white - 9, 35, 100
blood-building - 37, 38, 43, 44, 103, 187
blood test - 103
blister - 71
boasting - 32
boats - 163
body - 1, 2, 7, 9, 10, 12, 14, 16, 17, 21, 22, 25-28; 30, 31, 35, 45, 50, 51, 58, 63-65; 67-74; 89, 90-93; 96, 98, 99, 101-103; 105-109; 114, 116-118; 120, 122, 123, 124, 131, 134, 137, 138, 143, 144, 151, 152, 154, 164-167; 170, 173-175; 178, 181, 190, 193, 194, 196
as temple of God - 7, 21, 65-67; 140
beautiful - 140, 141
emotional - 93
imagination - 176
mental - 1, 8, 22, 27, 43, 70, 73, 110, 134, 143
of Christ - 25, 81, 89, 90, 92
of earth - 118
of entity - 48
of God - 67
of the Virgin - 176
soul - 173
spiritual - 9, 22, 70, 73, 143
body-building - 38, 44, 103, 104
body force - see force
body guard(s) - 142, 158
bone(s) - 20, 100, 187
Book of Remembrance - 182, 184; see also Akashic records
Book of the Dead - 126
Boracic Acid - 53
borderland - 25, 116, 175
bosom of Christ - 201
Boston - 74
bow - 119
brachial plexus - 43, 53
Brahmanism - 88
brain - 9, 23, 33, 75, 91, 100, 101, 105, 173, 175, 176; see also cerebellum; medulla oblongata
brass, workers in - 148
bread - 66, 85, 96, 168
corn - 111
cracked wheat - 43
crumbs - 37
of life - 153, 170
white - 33
whole wheat - 43
breath - 9, 10
of life - 50
breathing - 9, 50
Brennan - 47
bridegroom - 85, 131
British Honduras - 11
British West Indies - see Bahamas
bronchi - 37, 59, 69, 72, 104
brother (or brethren) - 26, 28, 87, 88, 95, 97, 165, 171, 174, 180, 184, 190, 193, 201, 202
Christ - 63, 95, 96, 174, 201
Brotherhood - see Essenes; Great White Brotherhood
brotherhood of man - 171
brow - 172
bruise - 187
Buddhism - 88, 93

budget (time) - 22, 107, 109, 110
bugaboo - 100
bunion - 55, 56
buoyancy - 131
burden(s) - 22, 194, 201
bursa - 9, 55, 56
business advice - 27-32 incl.
butter - 43, 111

-C-

cabbage - 44, 111
  red - 43
  sprouts - 43
caecum - 105, 106, 111
Cairo - 129
Calcidin - 38
calcium - 20, 43, 187, 188
California - 162
calling (or called) - 131, 158, 170, 172, 196, 201
callous - 19, 55, 56
calx - 187
camphor - 34, 55, 56
  spirits of - 112
camphorated oil - 38
Cana - 85, 87
cancer - 109
candies - 106
capacities - see abilities, mental
Capernaum - 87
capillary - see blood: circulation
captivity - 93
carders - 141
care - 98, 201
cares - 21, 196
Carpathias - 149
carpenters - 83
  helpers - 83
carrots - 43, 54
Caspian - see mountains
castes - see Atlantis; Egypt
Castor oil - 56; see also packs
Castoria - 33, 34
  Fletcher's - 111
catarrh - 62
  nasal - 75
cattle - 108
Caucasia - 125, 127, 159, 160
Caucasian - see mountains; race: white
cause - see also God (or First Cause)
  and effect - 2, 5, 33, 189, 190, 196
caves - 126, 128
Cayce, Edgar - 40, 45, 46, 69, 70, 72, 73, 76, 79, 81, 82, 86, 104, 113, 116, 133, 149, 151-153; 168-171; 173-175; 183, 184, 191, 192, 194, 195, 198
Cayce, Mrs. - 82, 200
Cayce Foundation - 171
Cayce Institute - 191, 193
celery - 43
cell(s) - 9, 24, 90, 101, 173
  protoplasm - 100
  reproduction - 100
cellular force - see force
center(s)
  brain - 75, 92, 105
  brachial - 187
  gastric - 33
  nerve - 9, 33, 37, 54, 59, 62, 70, 92, 106
    vagus - 61
  of universe - 40, 117
  of universal force - 149, 150
  sensory system - 60, 92
  solar system - 189
  spiritual (chakras) - 74, 76, 91, 92
cents - 160
cereals - 19, 20, 43, 60, 179; see also individual references
cerebellum - 175
cervical - 19, 37, 54, 61, 62, 74, 104
chain - 195
chamber(s) - 90, 98, 139, 140
  record - 128, 132
change(s) - 49, 100, 113, 132
  chemical - 9
  earth - 125, 126, 129, 130, 132 146, 147, 167
  in the races - 130, 134, 135, 144, 146
channel - 16, 48, 141, 151; see also purpose
  Christ - 84
  dross (or elimination) - 33, 36
  E.C. - 73, 86, 113, 121, 122, 149, 164, 167, 170, 171, 173, 195, 196, 198-201
  for activity - 172, 179, 180
  for creative force - 66, 80, 83, 108, 117, 121, 131, 173-175
  for enlightenment - 17
  for expression - 41, 120, 196
  for new race - 77, 78
  of approach - 6, 202
  of blessings - 110, 130, 154, 166, 193, 201

channel (cont.)
of service - 27, 63, 77, 78, 85, 88, 152, 153, 194-196; 200
psychic - 79
upright - 21
charity - 64, 91, 172
chart, analytical - 173, 175
cheating - 179
chemist - 10, 60
chest - 34, 53
Chicago - 16
chicken (bony pieces) - 53
children - 41, 148, 196, 197; see also offspring
of God - 47, 117, 189, 190, 195
of men - 155, 182, 184, 196
of promise - 94, 130
chills - 54
China - 137
choice - 8, 40, 63, 65, 77, 78, 101, 103, 107, 108, 114, 124, 139, 152-154; 160, 166, 173, 182, 191, 192, 195, 197; see also free will; will
of Christ - 155
chosen people - 85, 192; see also children: of promise
Christ - 7, 25, 26, 41, 42, 50, 63, 67, 68, 73, 74, 77, 79-81; 83-98; 108, 110, 115, 116, 118, 132, 153, 166-168; 170-172; 174, 182, 184, 195, 200-202; see also Jesus
Christ-Child - 83, 84, 87, 94, 95
Christ-consciousness - 10, 42, 79, 80, 85, 89, 95, 118, 168, 176
Christ-Force - see Force
Christ-Life - 68, 95, 96, 168
Christ-Spirit - 95, 97, 196
Christian experience - 182
Christian theology - 39, 42
Christianity - 42, 91, 94
Christmas message - 96
church - 94, 96, 98; see also Holy Church
chyle - 101
circulation (lymph or emunctory) - 9, 35, 36, 60, 62, 70; see also blood: circulation
circulatory force - see force
circumcision (of Jesus) - 85
citrocarbonate(s) - 35
Upjohn - 112
city(ies) - 28, 118, 171
City of Gold - see Gobi
clay - 114, 141
clerk - 158
closet - 98
clouds - 201, 202
coal oil - see oil
coffee - 33, 43, 111
grounds - 102
coincidents - 191
colon - 105, 106, 112
colonic irrigations - 54, 105, 106
comfort - 177, 201
commandments - 68, 73, 75, 87, 88, 108, 166, 193
commission - see sin(s)
common cold - 33-38; 100, 109, 112
causes - 35-38 incl.
prevention - 35-37 incl.
treatments - 33-38 incl.
communication(s) - 190
divine - 25, 26
spirit - 200
companion (of God) - 51, 115
companionship - 2, 39, 66, 108, 109, 139, 152, 178
of animals - 52
complex (psychological) - 71
concentration - 75, 165
conception - 41, 139
immaculate - 83, 133, 176
condemnation (of others) - 80, 95, 166; see also self-condemnation
conflict - 98, 110
Confucianism - 88
confusion - 32, 54, 75, 101, 113, 172, 190
congestion - 33, 36-38; 70, 72, 100, 109, 112, 185, 186
Congo - 132
conscience - 32, 194, 196
conscious - see force; mind
consciousness (general) - 1, 6, 17, 39, 45, 46, 65, 66, 73, 76, 89, 95, 99, 100, 113, 114, 116-118; 123, 149, 152, 153, 169, 173, 174, 178, 179, 189, 193, 202
glorified - 10
mental - 1
of animals - 51, 52
universal - 90, 117, 118, 174, 175, 178, 182, 184
consecration - 137, 139, 140, 168
consequence - 190, 191
consideration - 30, 31, 98, 200

consistency - 22, 28, 38, 61, 75, 107, 109, 112, 199, 200, 202
constellations - 50, 116, 143, 147
consternation - 84, 86
constipation - 19
constructive - 103, 104, 108, 110; see also force: constructive
contemplations - 79
contention - 80, 94, 134, 143, 148
contentment - 27, 152, 166
continence - 65
control - see self-control
convenience - 155, 156
convention - 124
conversation - 76
of the Master - 85, 87-90
conviction - 84, 181
cooperation - 8, 16, 29-32; 132, 169, 194
coordination (or lack of) - 4, 9, 30, 32, 38, 43, 54, 60, 71-73; 75, 100, 105, 107; see also nervous system
copper - 136
cord - 173
spinal - 175, 176
umbilical - 175
vocal - 69
Cordilleras - 125
corn - 45, 46, 184
corns - 56
corpuscle(s) - 67, 100
corruption - 81
Cortez - 161
cotton - 19, 55
cottons - 147, 156
cough - 37
counsel - 28, 29, 95, 103, 110, 165, 171
of Ra - 146, 147, 149
courage - 118
crank, a - 197
cream - 33, 60
creation - 39-42; 47-51; 70, 90, 113, 115, 116, 174, 189, 190
creative - 108, 167, 168; see also Force: Creative
Creator - 17, 27, 47-49; 51, 64, 80, 94, 115, 116, 130, 140, 175, 191, 193, 194
creature(s) - 1, 46, 70, 130
cremation - 14
cripple - 71
criterion - 1, 145; see also ideal; standard
of healing profession - 110
cross - 42, 93, 119, 168, 200, 201
Crown - 168, 201
Crucifixion - 41, 90, 201
crucifixion (of self) - 97, 171
crude oil - see oil
crystal - see Atlantis: firestone
Cuba - 34
cult - 123, 197
cup, the - 170
curiosity - 65
cuticle - 23
Cuticura Salve - 23
cycle - 66, 100, 106, 135
of consciousness - 178
solar (reincarnation) - 40, 41
cymbal - 68

-D-

Da (civilization) - 130
damnation - 170
dance - 27, 85, 140
dandruff - 23
darkness - 39, 153, 190
Darwin - 49
Daughters of God - 184
daughters of men - 153, 184
David - 27, 80, 84
Davis, Gladys - 79
day - last - 166
of the earth - 171
of the Lord - 79, 81, 97, 169
deaf-mutism - 71
deafness - 62, 72, 74, 76
death - 29, 35, 45, 46, 50, 87, 88, 90, 92, 96, 100, 101, 115-117; 131, 160, 166, 182
of Jesus - 26, 90, 91, 96; see also Crucifixion
of Joseph - 87
Death Valley (Valley of Death) - 13
decency - 202
dedication - 77
deer - 45, 46
defense
military - 141, 156, 157
psychological - 101
deferment (military) - 181
defiance (of God) - 182, 189
Demetrius - 167
demons - 26, 166
depilatory - 57, 58
depression, the - 131
depths - 173, 191
desecration
of body - 65, 66
of pyramids - 129

desert - 126
desire(s) - 29, 66, 67, 68, 70, 72, 110, 116, 124, 131, 140, 141, 149
151, 167, 168, 172, 174, 182
for at-one-ment - 42, 89, 97, 192
for change - 197
for constructive life - 5
for health - 62
for intoxicants - 4, 5, 8
for knowledge - 91
for life - 100
mental - 122
of body, physical - 4, 5, 8, 26, 71, 73, 80, 90, 91, 94, 108, 145, 154, 192; see also gratification; self-gratification
of God - 39, 40, 93
of helpfulness - 178, 181, 195, 198, 202
of Prayer Group - 149, 151, 152, 154
of Ra Ta - 150
of self - 14, 163
destiny - 39, 116
destructive force - see force
determination, mental - 7, 8, 58, 76, 93, 101
Deuteronomy - 75
devastation - 161
development(s) - 1, 11, 14, 16, 17, 45-51; 64, 80, 91, 103, 107, 115, 116, 122, 123, 126, 127, 132, 134, 136, 137, 140, 143, 146, 148, 152, 161, 162, 174, 175, 177, 184, 191, 198
five - 125
mental - 1, 4, 5, 21, 28, 46, 92, 107, 144, 150
of Jesus as man - 42
of Ra Ta - 143
of soul - 21, 41, 92, 122, 183
physical - 20, 21, 28, 46, 107, 144, 150
of fetus - 175
psychic - 165, 166, 173, 174, 176
spiritual - 4, 21, 92, 121, 144, 150
spiritual healing - 165, 166
devil - 138; see also Satan
personal - 114
devilment - 25
diabetic - see tendencies:diabetic
diamond - 136
diaphragm - 104, 105
dictator - 141, 160
diet
balanced - 20, 36, 38, 43, 100
for baby - 19, 20
general - 7, 24, 28, 35, 37, 99, 103, 109, 111, 112, 154, 187
menu - 43
specific - 4, 6, 33, 34, 38, 43, 54, 106, 111
dietetics - 99
digestion - 20, 30, 32, 44
mental and spiritual - 99
poor - 4, 23, 105, 111
digestive force - see force
digestive system - 3, 4, 8, 19, 20, 33, 37, 38, 44, 59, 104; see also alimentary canal
disappointment - 84, 180
disassociation - 73
discarnate - 81, 82, 90, 116, 175
disciples - 26, 81, 90, 96; see also apostles; individual references
discouragement - 197
dis-ease - 99, 100
disease - 62, 98, 99, 100
disgust - 118
disobedience - 189
disorders (frequent cause) - 35
dispensation
new - 152
special - 68
dissension - 25, 151, 158
distress - 21, 23, 71, 92, 105
disturbing forces - see force
divine - 4, 8, 17, 25, 71-73; 75, 78, 89, 91, 97, 123, 140, 141, 148, 154, 165, 169, 184, 189, 193, 195
divine force - see force: universal
divinity - 87, 123
dog - 45, 46, 52
Dog-on-Foot - 56
dollars - 160
million - 27, 202
dorsal - 5, 19, 24, 33, 37, 53-55; 61, 62, 74, 104, 105
doubt - 73, 74, 84, 88, 89, 93, 97, 120, 201, 202
dove - 200
dreams - 18, 45, 46, 71, 124, 157, 158, 178
of E.C. - 45, 46, 81, 82
dross - 54, 61, 185, 190
drugs - 57

drum - 68, 157
ducts, lacteal - 44
duodenum - 44
duty - 52, 63, 71, 72, 103, 178, 191

-E-

eagle - 148
ear - 33, 34, 61, 62, 80, 104
earth - 1, 2, 11-17; 40-42; 46-48; 50-52; 63, 67, 68, 75, 79-82; 88, 89, 93, 97-101; 108, 114, 116-122; 124-126; 128, 129, 131, 133-135; 143, 146, 147, 149, 150, 151, 156, 163, 171, 177, 183, 189, 190, 196, 200
earthquake - 190
earthy - 1, 100, 171
east - 110
eczema - 44, 54
edict (of Ra Ta) - 144
Editha - 77
education - 65, 192, 202
  of Jesus - 87
effort(s) - 6, 25, 28, 88, 95, 178, 181, 192, 196, 201
egg - 19, 20
  yolk - 19, 20
ego - 29, 108
Egypt, Prehistory - 13, 14, 16, 17, 77, 85-87; 155, 159, 160, 164, 179, 180
  civilization - 125-154
    Aarat - 134
    Araaraart - 129, 131, 132, 136, 148
    Ararat - 133, 134
    Arart - 129, 132, 134, 135
    altars, sacrificial - 137, 138, 140, 147; see also Temple Beautiful; Temple of Sacrifice
    archaeological research - 132, 134, 138
    buildings - 129-132; 137, 140, 145-148
    castes - 125, 135
    cities - 133, 146, 148
    communications - 137
      absence of - 128
    council - 136, 138, 143, 147, 150, 151
    Courts - 126
    dams - 14
    division of Church and State - 141
Egypt (cont.)
    Great Pyramid - 129-132; 144, 146-148; 150, 152
      as memorial to Ra - 132, 148
      date of construction - 131
      Hall of the Initiates - 129, 130, 147
      King's Chamber - 131
      prophecies - 129-131; 146, 147
    Hall (or temple) of Records - 16, 129, 132, 144, 164
    halls of learning - 137
    Hermes, architect of Great Pyramid - 129, 131, 146
    influence of Atlantis - 12-14; 16, 17
    Isis (or Iso), companion of Ra or queen - 132, 138, 141, 146-148; 150
    king, the - 134-136; 138, 140, 141, 143, 145-148; 150, 151, 154, 180; see also Araaraart
    native (counsellor), the - 134-136; 145
    political life - 133-143; 145-148; 157
    present influence - 128, 135, 143, 144, 149, 152
    pyramids - 128, 129
    Ra Ta (counsellor; Priest; ruler) - 17, 125-152; 154-156; 180
    Sphinx - 129
    sphinxes - 132
    State, the -139, 141
    Temple Beautiful - 17, 129, 137, 139-141; 144, 146-148; 152
    Temple of Sacrifice - 17, 137-140; 143, 148, 151, 152, 154
  geographical description - 125
Egyptians - 78, 151, 162
elders - 179
elect, the - 13, 143, 144
electric car - see Gobi
electrical forces - see force
electrolysis - 58
elements - 101, 103, 189
  mental - 1, 21
  spiritual - 91, 92
elevators - see Gobi
Elijah - 25, 77, 78, 93; see also John the Baptist
eliminant - 33

eliminations - see also acid-alkaline balance; assimilation; diet balance - 19, 23, 24, 35, 43, 58, 59, 72, 104, 112
hepatic - 37
poor - 3, 23, 33, 34, 36, 37, 53, 61, 70, 105, 111, 185
Elisha - 78
Elizabeth, mother of John the Baptist, cousin of Mary - 84-86
elm - 184
embalming - 87
emblem(s) - 16, 66, 126, 200; see also symbol(s)
national (Egypt) - 146
embroidery - 141
emissary(ies) - 143-146; 179
emotions - 2, 22, 36, 65, 103, 105, 124, 152, 157, 189; see also gratification; individual references
enchantment - 63
end, the - 80, 94, 96, 166, 168
endocrine - see gland(s)
endure - 80, 94, 168
enema - 4
enemy - 32, 110
energy - see also force; vitality
creative - 110
electrical - 44
life - 103
nerve - 106
vital - 53, 101, 103, 107
England - 15
enlightenment - 17, 109, 122, 170, 194-196; 200, 202
Eno Salts - 111, 112
Enoch - 42, 80, 93
entity - 1, 2, 21, 40-42; 45, 47, 48, 50, 63, 66, 67, 71, 74, 90-93; 99, 100, 103, 113, 117, 119, 121, 123, 124, 131, 133, 134, 149, 150, 151, 155, 165, 169, 173, 174, 176, 178, 179, 181-184; 191, 194
Jesus - 88, 93
mental - 99
spiritual - 99
enunciation, to Anna and Judy - 78
environ or environment - 1, 2, 11, 26-28; 31, 36, 41, 47, 48, 52, 59, 62, 79, 100, 113, 119, 120, 123, 125, 127, 133,142, 171, 173, 179, 198
change of - 7
two-dimensional - 47
envy - 97, 143
eons - 45, 115, 173
Ephraim, tribe of - 179
epilepsy - 71
equilibrium - 57, 75, 107, 109; see also acid-alkaline balance; balanced life
mental - 22
physical - 4, 22, 57, 70, 74, 102
spiritual - 22
error - 40, 80, 97, 183, 184, 193
escape
psychological - 181
way of - 80, 93, 94, 154
Essenes (or Essene Brotherhood) - 77, 78, 84, 87
estate -
high - 110, 179
low - 179
no - 67, 166, 193
ether - 13, 50, 90
etheronic - see force; instruments
eugenics - 158
Europe - 125
Eve - 84, 93
everlasting, the - 50, 98
evil - 29, 39, 63, 80, 114, 154, 166, 191, 192, 198, 201; see also devil; forces: evil; Satan
evolution - 47-52; 70, 115, 150
of man - 128
of soul - 40, 42, 80, 94, 95, 150, 167
spiritual - 95, 150, 153
exaltation - see self-exaltation
example (or ensample) - 91, 95, 103, 114-116; 139, 192, 196, 197
Excel (E.C.'s dream) - 82
exercise - 22, 28, 53-55; 100, 104, 107, 109, 112
cat-stretch - 104
head and neck - 53, 61, 62, 102, 104
mental - 107
regular - 103
Exodus - 75
expectancy - 77, 101, 174
expectorant - 37, 38
experience - 1, 2, 5, 15, 25, 26, 45, 47, 48, 51, 54, 58, 63, 64, 66-68; 71, 74, 79, 80, 87-89; 94, 97, 99, 101, 103, 107-110; 113, 115-121; 123, 124, 131, 133, 134, 142, 146, 148-150; 154, 158, 167-169; 171, 173, 176-178; 181, 184, 189, 194-197; 199, 200, 202

experience (cont.)
continuity - 100, 182, 183
psychic - 173
religious or spiritual - 130
explosives - 156
expression - 25, 40, 41, 68, 92, 100, 117, 118, 120, 124, 134, 143, 146, 149, 152, 154, 157, 162, 173, 174, 178-180; 183, 184, 196, 197; see also manifestation
of an entity, basis for - 1, 2, 41
of God - 39, 40
material - 1, 2, 7, 21, 40
mental - 1
exterior force - see force
extremes (mental) - 4, 118, 124, 177, 178
extremities - 4, 55, 104
eye(s) - 27, 30, 33, 34, 53, 54, 72, 74, 102, 104, 107, 118, 144, 156, 175
carnal - 90
eyestrain - 53
Ezra - 93

-F-

fabrics - 157
face - 57, 58, 61, 68, 71, 80, 94, 103, 109, 185, 186
of Christ - 81, 98, 196, 201
of earth - 49, 161
of God - 88, 171
of sun - 189
fact - 50, 93, 162, 199
of reincarnation - 182
factory - 29, 31, 32
faculties - see abilities, mental
failure(s) - 64, 98, 178
faith - 29, 85, 90, 95, 118, 165, 166, 176, 181, 191, 197
Christian - Protestant - 77; see also Christianity
good - 84
Jewish - 85
of the fathers - 191
orthodox - 25, 197
faltering - 93, 166-168
fame - 14, 27, 29, 32
family(ies)
human - 49
in Egypt - 134, 145
father - 26, 75, 93, 168, 190
fatigue, nervous - 53
fats - 102
fault(s) - 137, 170, 178, 181, 201
fault-finding - 95, 138, 150, 166, 170, 197, 200
fear - 13, 46, 63, 66, 73, 74, 88, 89, 97, 125, 131, 143, 190, 202
of water - 72
feast - 110
wedding - 85
feathers - 140, 152
feeble- (or weak-) minded - 47, 76
feet - 37, 38, 55, 56, 71, 96, 104, 140, 186, 187
bathing - 96
of Jesus - 90
female - 12, 14, 140, 143
fetus - 175
field(s) - 83, 85, 119
of endeavor - 63, 141
music - 122
figs - 43
fingers - 156
fingertips - 175
finisher of life - 170
finite - 113, 114; see also mind: conscious or finite
fire(s) - 15, 16, 17, 51, 90, 96
altar - 12, 13, 17, 137, 138
of physical body - 138
perpetual - 143
firestone - see Atlantis
fish - 43, 53, 90, 111; see also shellfish
symbolic - 126
fishermen - 86
fitness - see physical fitness
flannel - 34, 111
flax - 156
flesh - 26, 41, 47, 49, 67, 80, 81, 91, 93, 94, 98, 108, 110, 115, 116, 118, 187, 192, 193
human-divine - 90
superfluous - 104
flexes, negative and postive - 101
flight into Egypt - 86
Flood, the - 133, 149
Florida - 11, 28
flowers - 65, 85, 119
lily - 27
lotus - 147
papyrus - 147
pansy - 119
rose - 30
foibles - 201
followers
of Iltar - 162
of Jesus - 85

foods (general) - 19, 38, 43, 44, 46, 51, 53, 59, 77, 85, 96, 100, 106, 109, 145, 179, 187; see also diet; individual references
fried - 43, 111; see also fats
fool's fire - 174
foolishness - 27, 93, 189
Force(s) or force(s) - see also influences
activative - 25, 196
active 5, 15, 20, 38, 51, 113, 146, 174, 176, 198
all - 16, 49, 50, 90, 114-116; 119, 122, 124, 125, 127, 132, 134, 136, 137, 143, 147, 155, 161, 165, 168, 191
animal - 51
animate - 51, 91, 92
atomic - 92, 113
auditory - 61
bad - 178
balanced - 21
basic - 107
benevolent - 124
better - 49, 56
blood - 99
body - 9, 54, 60, 69, 109
carnal - 151, 152
Caucasian - 125
cellular - 10, 22, 113
red blood - 9
Christ - 79
circulatory - 24
cleansing - 37
combined - 15
conscious mind - 92
constructive - 5, 7, 10, 15, 17, 18, 29, 103, 104
contending - 170
coordinated - 21, 22
Creative (or Holy) - 1, 7, 25, 45, 47-50; 65, 66, 88, 93, 97, 103, 108, 109, 113, 114, 123, 126, 130, 131, 139, 142-144; 148, 167, 168, 173, 175, 178, 197; see also divine; Higher
destructive - 10, 11, 15, 16-18, 46, 168
digestive - 24, 38, 44
disturbing - 14, 68, 148, 179
divine - 17, 125, 127, 154, 193
educational - 193
electrical - 15-18; 44, 57, 92, 103, 104, 174
elemental - 144, 170
emotional - 124, 152
etheronic - 103
every - 21, 91
evil - 80, 94, 114
exterior (from without) - 61, 62, 66, 69, 76
finite - 113, 115
further - 50
general - 20
glandular - 9, 57
God - 190
good - 114, 178
gravity - 18, 50, 89, 113
group - 149
guiding - 21
healing - 88
helpful - 61
Higher - 125-128; 169: see also Creative; divine
hypogastric - 37
imaginative - 175
impelling - 103, 201
impressionable - 7
inanimate - 91, 115
individual - 151
indwelling - 128
infinite - 113
interior - 69
intuitive - 158
invisible - 15; see also unseen
kundalini - 74, 151, 173, 175, 176
lacteal - 53
latent - 124
life's - 71
life-producing - 91
lifting - 164
living - 115, 196
magnetic - 76, 113
manifested - 114
manipulative - 56
material - 92, 114, 173
mental - 5, 21, 36, 70, 72, 74, 91, 92, 100, 119, 173
mind - 51; see also conscious; subconscious; superconscious
mineral - 51
moral - 176
motivating (motivative or motive) - 1, 2, 15, 25, 92, 110, 149, 196
muscular - 70, 104, 187

forces (cont.)
mystical - 124
negative - 10, 25, 113, 114
nerve - 9, 54, 55, 62, 69, 105
sympathetic - 75
normal - 24, 50
of creation - 174
of earth - 47, 50, 51
of reality - 178
oneness of - 21, 48-50; 71, 88, 91, 113, 114
operative - 56
physical - 5, 21, 22, 37, 43, 51, 69-72; 92, 102, 103, 107
positive - 10, 25, 113, 114
psychic - 70, 173-176
radial - 44, 104
recuperative - 43
refuse - 61
relative - 50, 51, 115, 150
religious - 88, 91
reproductive - 65
ruling - 116, 156
sensory - 54, 104, 124, 175
soul - 45, 51, 69, 91, 92, 116, 158, 178
spirit - 21, 45, 51, 80, 91, 114, 174
spiritual - 5, 21, 45, 51, 64, 69, 72, 74, 91, 92, 100, 110, 119, 149, 168, 173-175
structural - 104
subconscious mind - 116, 174
subliminal - 21, 92
suggestive - 9, 75
sun's - 127
superconscious mind - 92
temperamental - 145
Tibetan - 125
toxic - 111
union of - 25, 90
universal - 1, 21, 47, 92, 116, 119, 121, 169, 177, 192, 202
unseen - 64, 114, 174, 175
vegetable - 51
will - 49, 113, 116
world - 125
forearm - 112
forefinger - 23
forehead - 23
foreknowledge (of God) - 40
forerunner - 79, 130
forests - 156
forgiveness - 87, 95, 97, 98, 174, 201; see also remission of sin(s)
form - 12, 46, 48, 50, 51, 80, 88, 90, 136, 139, 140, 141, 148, 152, 175
divine - 148
of expression - 143
of force - 103, 174
three-dimensional (or manifested) - 2, 40, 113, 114
formula - 173, 175; see also meditation
forts - 145
fortune - 27
fowl - 43, 45, 46, 111
fox - 45, 46
fox fire - 174
fractures - 43, 187, 188
free will - 1, 39-41; 77, 189; see also will
freedom - 107, 168, 170, 171, 174, 196
friend(s) - 2, 26, 95, 109, 110, 143, 201
of Jesus - 85, 89
friendship - 108, 120
frontlets - 172
frost-bite - 56
fruit - 6, 19, 20, 43, 44, 54
citrus - 54; see also individual references
juices - 33, 43
mixed - 106
frustration - 100
future - 115

-G-

Gabriel - 86
gain (material) - 27, 29, 30, 63, 64, 108, 124, 194; see also wealth
Galilee - 85
gall duct - 111, 112
game (wild) - 4, 43
ganglia - 61, 75, 105
gases - 15, 164
gelatin - 54
geneological reactions - 99
generation(s) - 47, 99, 146
adulterous - 167
genital - 176
Gentiles - 77, 91
gentleness - 63, 68, 71, 89, 170, 171
spirit of - 10
geological survey - 11, 48
germ of life - 173
gestation - 73, 175
giants - 12, 127

gift(s)
of Christ - 108
of God - 27, 47, 68, 96, 123
good and perfect - 103, 183, 192
Glad Helpers - 86, 149; see also Prayer Group
gladness - 74, 89, 109, 166; see also joy; rejoicing
gland(s) - 5, 9, 20, 24, 36, 57, 101, 175
endocrine - 24, 57
adrenal - 107
lyden - 174, 176
pineal - 92, 173, 175, 176
reproductive - 174
thyroid - 24, 57
hypogastric - 44
lacteal - 44
lymph - 34
salivary - 19, 20
glandular force - see force
glorification - see also self-glorification
of Christ - 171
of God - 96, 178
of ideal - 108, 137
glory - 10, 18, 25-27; 65, 68, 97, 200-202
of coming of the Lord - 96
of crucified Lord - 171
of God - 171, 189
gluten - 20, 43, 187
Glyco-thymoline - 34, 35, 61
Gnosticism - 42
goat - 45, 46
Gobi
civilization - 155-160 incl.
buildings - 156
temple of Gold - 156, 157, 159
cities - 156
City of Gold - 159
clothing - 156
coin(s) - 159, 160
communications - 157
conservation (natural resources) - 156
elevators - 157
equality - 159, 160
euthanasia - 159
forum - 159
Muzuen (Zuozezn), Prince, son of Mu - 155, 156,
civilization (cont.)
philosophy - 158
travel (aerial) - 157
God (All-Merciful, All-Wise, Father-Mother, Lord of Hosts, Maker)- 1, 4, 7, 10, 18, 21, 22, 25-27; 29, 30, 32, 39-41; 47-51; 63-65; 67, 68, 75, 80, 81, 83, 85, 86, 89-91; 93, 95, 96, 98, 101, 103, 108, 114-118; 121, 123, 128, 140, 148, 152-154; 158, 162, 165, 166, 168-171; 174, 176, 178, 180-184; 187, 190-192; 194-198; 200-202
One - 88, 94, 113, 164; see also Creator; Force(s): Creative
god(s) - 64, 91, 138, 141, 146, 150, 162, 163
family - 163
goddess (first) - 147
gold - 63, 64, 82, 108, 136, 156, 157, 159, 160, 191
of Ra - 148
gold chloride - 74
gold treatment - 7
golden sceptre - 81
good - 29, 63, 80, 95, 103, 108, 109, 114, 166, 183, 191, 192, 194, 202
deeds - 78
for something - 7, 71, 74
works - 97, 193
goose - 45, 46
gospel - 88
Grace (or grace) - 28, 40, 88, 96, 108, 133, 168, 174; see also Mercy
law of - 97, 98
Throne of - 6, 91, 167-170; 172, 174, 175, 194
grain - 179
of thought - 191
gross - 33
gratification - 124; see also self-gratification
of appetites and emotions - 65-67; 80, 94, 100, 102, 108
grave - 87, 96
gravity - see force(s)
grease - 38
Great Dipper - 130
Great Initiate - see Jesus
Great Pyramid - see Egypt
Great Pyramid of Gizeh, The (D. Davidson and H. Aldersmith) - 129
Great White Brotherhood - 77, 129, 130, 169, 170

greatness - 118
group - 30, 86, 95, 96, 98, 128, 134-137; 144, 146, 149-153; 155, 164, 171, 183, 195, 196, 202; see also Prayer Group; study group
Group 9 - 169
growth - 49, 77, 98, 107, 122, 168
of ideal - 149
guards - 91, 130, 132, 142
guide(s) - 65, 97, 170
spiritual - 149
guiding force - see force
Gulf of Mexico - 11
Gulf Stream - 11
gums - 19, 36, 112

-H-

habit(s) - 7, 8, 12, 109, 154, 178
hair - 23, 24, 102, 104, 109, 140, 156
gray - 103
superfluous - 57, 58, 109
Hall of the Initiates - see Egypt: Great Pyramid
Hall of Records - see Egypt
Halaliel - 170
hallucinations - 176
halt, the - 172
hand(s) - 30, 32, 55, 71, 80, 94, 105, 109, 111, 112, 140, 171, 195
laying on - 165
of the Master - 66, 74, 90, 168, 172, 201, 202
handmaid - 27
happiness - 26, 66, 124, 156
harm - 10, 46, 108
harmony - 26, 66, 94, 124, 153, 202
harvest - 25
Hasidees - 77
hate - 81, 162, 166, 178, 190
hay fever - 59, 60
head - 33, 34, 36, 53-55; 61, 88, 102, 104, 105, 185, 197
headaches - 30, 53, 54, 69, 74, 105
migraine - 105, 106
healer(s) - 166
Christ - 87
healing - 26, 63, 144; see also force: healing
economic - 63, 64
of Jesus - 86, 87, 98, 166, 174
magnetic - 74
profession - 63, 110
spiritual - 165, 166
health - 63, 70-72; 87, 88, 122, 192, 193
heart - 4, 9, 44, 69, 75, 102, 104
figuratively - 26, 63, 68, 74, 79-81; 87, 94-97; 110, 114, 131, 154, 166, 171, 174, 184, 189, 190, 192-194; 196, 201
of Christ - 201
heat - 92, 117, 127, 189
dry - 188
wet - 188
heaven - 26, 82, 93, 117, 166, 184
windows of - 63
heavenly hosts - 189; see also Halaliel
heavens - 173, 189, 191
Hebrews - 129; see also Jews
influence in Yucatan - 16, 162, 163
heel - 55, 56, 104
hell - 26, 66, 87, 93, 96, 132
help (or aid) - 8, 25, 72, 88, 158, 165, 167, 172, 182, 190, 195-197
spirit of - 76
helpfulness - 64, 76, 110, 199, 200, 202
spirit of - 10
helpmeet - 171
hemisphere
northwestern - 125
southwestern - 125
hemp - 147
hepatic - see circulation; eliminations; kidneys
heraldry - 119
herbs - 85
heredity - 41, 47, 48, 62, 175
Hermes - see Egypt
Herod - 78
hiccoughs - 72
hierarchies - 169
hilarity - 85
hips - 36, 53
history - 14, 47, 86, 155, 161, 162
sacred and profane - 83
History and Power of Mind, The (Richard Ingalese) - 182
hog - see meat(s)
holy - 7, 81, 103, 110
within - 196
Holy Church - 26
Holy of Holies - 41
Holy Spirit - 176
Holy Temple - 96
holy women - 77
Holy Writ - 11; see also Bible

home - 1, 12, 14, 18, 52, 65-68; 110, 117
community - 133
heavenly - 66
of the Maker - 50
of soul - 48
honesty - 190
honey - 37, 90, 111
honeycomb - 90
honor (of self) - 98, 165
hope - 29, 66-69; 71, 73, 74, 84, 96, 108, 118, 154, 166, 176, 189, 190, 196, 197, 200, 202
eternal - 63
false - 201
hopefulness - 120, 202
hormones - 99-101
horse - 52, 154
horticulture (Egypt) - 141
hospital (Cayce) - 192, 194
hospitalization - 152, 154, 172
house - 14, 52, 87, 193, 201
Father's - 7
new - 181
Hudson - 198
human being - 93
human nature - 82
human race - 144, 146
humanity - 169, 191; see also man
humility - 171, 172
hunters - 159
husbandmen - 83
hydrochlorics - 44
hydrotherapy - 54, 61
hygiene (mental and physical) - 122
hypnosis - 69-76
hypnotist - 74
hypogastric plexus - 24

-I-

I AM - 21, 193
representative of - 193
Ibex - 148, 150
ideal(s) - 29, 30, 32, 64, 77, 102, 149, 154, 191-194; 200
exchange - 137, 145
first - 80, 94
national (Egypt) - 146
symbolized - 126, 148
ideal - 1, 12, 29, 30, 32, 42, 65-67; 73, 75, 93, 95, 101, 102, 107, 108, 124, 136, 143, 145, 146, 148, 149, 154, 171, 177-179; 181, 191-196; 199, 200
ignorance - 79, 81
illiterates - 47, 136
illness - 196
Iltar, see Mayan
image, of Maker - 51, 192
imagination - 55
immaculate conception - see conception
immortality - 80, 98
impelling force - see force
impressionable force - see force
impressions - 45, 51, 69
infinite - 174, 175
of discarnates - 116, 175
improvement, mental and physical - 107
inanimate force - see force
Inca(l) (Ohum) - 12, 162
incense - 63
incoordination - 61, 62, 73, 75; see also coordination
increase, the - 63, 88, 96, 196
India - 87, 137, 159, 160
individual - 1, 16, 17, 25, 26, 40, 45, 46, 49-52; 64-66; 69, 70, 72, 73, 77, 84, 87-89; 95, 97, 101, 106, 108, 114, 117-119; 130, 145, 148-154; 162, 165-167; 171, 172, 174-176; 182, 184, 189-196; 198, 200, 202
bestial - 175
goody-goody - 74
spiritual minded - 175
individuality - 41, 178, 182
of God - 95
indulgence - see self-indulgence
industry (Egypt) - 141
infection - 33, 35, 53, 187
infinite - 90, 113, 114, 123, 174, 175
inflammation - 53, 187
influences, astrological or planetary - 1, 2, 16, 116-124; 130, 143, 150, 178, 189; see also Akashic records
influenza - 35
ingratitude - 194
inhalant - 60, 61
inheritance - 165
iniquity - 10
initiate(s) - 15, 16, 129, 130, 147, 162, 164
injustice - 190
injury - 43, 54, 61, 70, 160, 187, 188
Inn, the - 83, 84
innkeeper - 84
innkeeper's daughter - 84

innkeeper's wife - 84
insanity - 47
inspiration - 25, 26, 149
instruction - 122
instructor - 104
instruments, aetheranics and
radionics - 64
intentions (good) - 118
intercession, see prayer
interior force - see force
interest(s) - 107, 124, 199, 202
intermediator - see Jesus
interpreters - 142, 160
spiritual - 25, 149, 166
intonations - 122
intoxicants - 4, 5, 8, 138, 178
intuitive - 157
iodine - 19, 101
ionization - 104
Ipsab - 19
Irish potato - 53
iron - 43, 187
metal - 132, 136, 148
irritation - 9, 19, 23, 37, 53, 55,
59, 71
Isaiah - 131
Isis - see Egypt
isles - 16, 80, 94
ism - 197
Israel - 83-88; 113
children of - 95; see also
Hebrews; Jews
itching - 10, 23, 54
ivory (carved) - 157

-J-

Jacob - 93
James - 25, 85
jaw - 185
jealousy - 166, 190
jeers - 84
Jerusalem - 83, 87, 90, 93, 171
Jerusalem artichoke - 109
Jeshua - 42, 93
Jesus - see also Christ; Essenes;
Master; Second Coming
as man - 77-98; 115, 116, 118, 165
as advocate or intermediator - 26,
80, 91, 93, 94, 96,201
as model for man - 115, 116
as representative - 50
first begotten - 91, 176
Great Initiate - 129, 130
Jesus (cont.)
Great Psychic - 174
King of Kings - 170
Lord of Lords - 170
lowly Nazarene - 168
Master of Masters - 170
Prince of Peace - 131, 161, 163, 166
Son of God - 26, 50, 81, 88, 91,
93, 98, 108, 110, 114, 155, 193
Son of Life - 114
Son of Light - 81, 114
Son of Man - 79, 80, 93, 167
son of Mary - 83, 85, 86
Son of the Most High - 174
Son of Truth - 114
Teacher of Teachers - 118, 151, 152
The Ideal - 42, 67
The Pattern - 40-42; 89-91; 182
The Way - 50, 68, 166, 167, 171,
172, 175
nativity - 83-86
date - 83
time - 84
previous incarnations - 42, 80,
88, 93, 94
jewel - 22
Jews - 27, 77, 91; see also Hebrews
customs - 78, 85
Job - 93
John (Bible) - 7
John the Baptist - 25, 87, 93, 130
John the disciple - 25, 81, 82, 85,
90, 131
joints - 36, 56, 187
joke - 81
Jones, Sam - 81, 82
Jordan (River) - 85
Joseph, father of Jesus - 77, 78,
83, 84, 86, 87
age - 78, 83, 84
Joseph, son of Jacob - 42, 80, 93
Joshua - 42, 80, 93, 94
joy - 26, 66, 73, 74, 89, 97, 108,
131, 166, 201; see also gladness
throne of - 194
Judaism - 88, 91, 94
Judea - 83
judge - 165, 193
judgment - 2, 165, 166, 196
Judy (Essene prophetess) - 78
juices - see fruit; meat; tomato
Jupiter - see planets
just, the - 190

justice - 94, 179, 191
penal - 144
justification - 25, 87, 95, 171

-K-

Kadesh (Ophir) - see Persia
karma - 10, 13, 14, 41, 62, 73-75; 119, 151, 178-184; 191
kerchief - 165
kerosene - see oil: coal
kidneys - 3-6; 8, 9, 24, 37, 54, 73, 75, 102, 109
stones - 61, 71
kindness - 68, 89, 152, 166, 170, 197, 202
spirit of - 10
kingdom
animal - 11, 12, 46-49; 51, 52, 70, 125, 127, 128, 143, 173
mineral - 47-49; 143, 173
vegetable (or plant) - 46-49; 143, 173
of God - 89
within - 110, 172
kings - 144
knee - 56, 187, 188
kneecap - 187, 188
knowledge - 1, 2, 14, 16, 21, 42, 46, 63, 67-69; 91-93; 97, 99, 107, 110, 114, 117, 119, 126, 135, 137, 149, 150, 168, 169, 174, 176, 184, 190, 191, 193, 194, 198
of Christ's presence - 201
of God - 17, 27, 93, 97, 154, 164, 175
Omniscience of God - 40
Kuhn (M.D. psychiatrist) - 10, 72, 73
kundalini - see center(s):spiritual; force

-L-

La (civilization) - 130
labor(s) - 13, 14, 63, 66, 110, 151, 153, 157, 159, 160, 170, 171, 194
laces - 157
lacteal - see ducts; gland(s); force
lamb - 43, 85, 111
lame, the - 159, 170
language - 46, 137, 142, 155
dog - 52
Jupiterian - 120
of the readings - 198
present - 149
lanolin - 54
Laodicea - 165
Laplander - 48
larynx - 53, 59, 69, 72
latitudes (geographical) - 125, 143
Laudanum - 188
laughing-stock - 170
laughter - 82, 84, 195
law - 21, 49, 63, 88, 89, 91, 92, 97, 99, 102, 108, 116, 126-128; 141, 144, 149, 152, 160, 172, 196; see also Grace
corporation - 179, 180
of gods - 138, 141
of One - 14, 114, 164, 179
of Relativity - 50
universal (or divine) - 41, 92, 97, 113, 125, 128, 165, 179, 181, 202
lawgiver - 85, 93, 155, 157, 166
laxative - 43
lead - 136, 156
leader(s) - 80, 94, 133-135; 143, 147, 151, 162, 168, 169, 179, 180
leather - 10, 156
leaven - 68, 196
leeks - 43
legacies - 124
legend - 11, 87
legs - 59, 140
Lehn and Fink Company - 57
lemon(s) - 54
juice - 43
lemonade (hot) - 186
Lemuria (Lemure, Mu) - 13, 130, 149, 155, 162, 163
lentils - 43
lesions - 55
lesson - 32, 46, 157, 174, 183, 192, 193
lettuce - 43
leucocyte(s) - 35, 100
liberator - 147
Libra - 147
Libya - 147; see also Nubia
lie - 190
life - 5, 8, 10, 11, 25, 27, 29, 30, 51, 63, 68, 69, 71-73; 82, 87, 88, 91, 92, 95, 97, 98, 103, 107, 108, 110, 113-118; 150, 152, 153, 171, 175, 182-184; 189, 190, 194
business - 197
essence - 174
eternal - 94, 96, 200

life (cont.)
expectancy - 99, 102
holy - 153
home - 197
human - 126, 143
material - 73, 99, 149
mental - 73, 99
mineral - 189
moral - 11, 99, 151
new - 131
of the Master - 83-87; 92, 96
plant - 189
religious - 11, 79, 135, 151
social - 11, 197
spiritual - 73, 79, 99, 135, 146, 150, 151, 176
the - 50, 166, 170, 196
Life Readings - 11, 40, 48, 52, 53, 75, 125, 177-181; 182
life seal - 93
life's force - see force
life-producing force - see force
ligaments - 187, 188
light - 13, 53, 65, 68, 72, 92, 96-98; 113, 114, 117, 153, 154, 163, 166, 169, 170, 172, 189, 190, 194, 200-202
great - 84
Infra-Red - 188
light years - 12
lightning - 174
lily - see flowers
limbs - 71, 109, 187, 188
lime water - 20
limes - 54
linens - 147, 156, 160
link (chain) - 195
lion - 52, 132
listening - 77, 93
Listerine
for dandruff - 23
gargle - 34
litmus paper (blue) - 35
littleness - 190
liver - 3, 4, 8, 9, 24, 37, 60, 75, 102, 109, 112, 185
livres - 160
loneliness - 2
of Christ - 201
long-facedness - 26, 89
long-suffering - 166, 171, 172
longevity - 99-104 incl.
longing - 2, 25, 66
longitude - 143
Lost tribes - 163
lotus - see flowers
love - 14, 21, 26, 27, 34, 46, 47, 67, 68, 73, 74, 87-89; 93, 95-98; 108-110; 116, 118, 154, 166, 169, 176, 178, 182, 183, 195, 197, 201, 202
brotherly - 68, 166, 176
divine - 184
mother - 86
of Christ - 74, 88, 171, 182, 201, 202
of God - 1, 63, 93, 120, 152, 154, 184, 202
spirit of - 10
universal - 21
Luke - 86
lumbar - 33, 54-56; 62, 74, 187
lungs - 9, 22, 37, 38, 69, 75, 102, 104
lust - 138, 143
of the eye - 21
Luz - 146
lyden - see gland(s)
lye soap - 58
lymph - 35; see also circulation; gland(s)

-M-

Madagascar - 136
madness - 116
magi - 85
magnetic - see force; healing; treatments
male - 12, 14, 140, 143
malice - 162
man (Man or mankind) - 1, 2, 12, 16, 27, 41, 45-52; 63, 66, 69, 70, 72, 88, 91-95; 97, 113-116; 118, 125-128; 130-133; 138, 140, 145, 146, 148-150; 154, 155, 160, 163, 168, 174, 178, 179, 182, 184, 189-194
fall - 39, 40
fellow - 29, 63, 64, 67, 74, 87, 96, 97, 119, 120, 148, 150, 181, 182, 184, 190, 191, 195, 196, 201
inner - 4, 72, 145
mental - 21
manifestation - 1, 2, 5, 21, 26, 27, 40, 46, 49-51; 64, 74, 80, 82, 88, 91, 92, 94, 95, 97, 98, 100, 108, 110, 113-115; 123, 124, 127, 136, 142, 143, 148, 151, 165, 171-175; 178, 179, 184, 198

manipulations - see adjustments; osteopathic
manipulative force - see force
marks, of the select - 144
marriage - 65-68; 139
Mars - see planets
Mary Magdalene - 90
Mary, Mother of Jesus - 77, 78, 83-87; 93
  age - 78, 83, 84
Mary ("the other") - 85
massage - 22-24; 34, 43, 61, 76; see also rubs
  feet - 38, 55, 56
  oil - 33, 53-56; 71, 75, 109, 187, 188
  salt and vinegar - 43, 187, 188
  scalp - 23, 24
masses - 146, 202
Master, the - 7, 25, 41, 66, 74, 80, 83-87; 93, 96, 98, 110, 130, 165, 170, 200; see also Christ; Jesus
material, the - 197
material things - 8, 9, 27, 64, 108, 110, 132, 144, 174, 201
materiality - 89, 123, 149, 154, 178, 183, 184
mating - 65, 77
  period - 156
matter - 49, 51, 80, 114, 116, 121, 150, 153, 154, 175, 181, 183, 189
Matthew - 86
maturity - 122
Mayan - 14, 161-164
  Iltar- 162, 163
  pyramid - 163, 164
  temple(s) - 14, 16, 162-164
    altar - 163
      sacrificial - 16, 162
    human sacrifice - 162
    of Iltar - 164
maze - 172
meat(s) - 4, 20, 38, 43, 85, 111
  hog - 111
  juices - 4, 20
medication, specific - 4, 5, 24, 37, 60, 185
meditation - 5, 7, 73, 74, 110, 119, 142, 151-153; 174; see also prayer
Mediterranean - 11
medulla oblongata - 92, 175
meekness - 68
Melchizedek - 42, 78, 80, 93, 94
memory - 51, 69, 108, 183, 184
  courses - 108
menstrual period - 62
mental - 17, 69, 99, 100, 102, 121, 179; see also abilities; attitudes; being; determination; development; extremes; motivation
mentality - 92
Mercury - see planets
Mercury, Bichloride of - 187
mercy - 28, 88, 94, 96, 98, 171, 184, 189, 197; see also Grace
  throne of - 96, 194
mesmeric - 76
message, of the readings - 182
messages, spiritual - 158
messenger(s) - 25, 68, 94, 146
  of the Most High - 170
  of truth - 169
Messiah - 77, 130
metabolism - 35
metal - 10, 14, 136, 156
  non-conductive - 15
Mexico - 125, 162, 163
Mexico City - 163
Michael, Lord of the Way - 167, 168, 175
midgets - 12
might - 27, 119, 168, 180, 193
migraine - see headaches; migraine
milk - 20, 43, 53, 111
millstone - 29
mind - 9, 10, 26, 27, 30, 40, 42, 49, 51, 52, 63, 68, 73, 74, 79-81; 89, 94-96; 98, 99, 101, 102, 107-109; 115-119; 123, 124, 126, 138, 150, 151, 164-166; 169-171; 174, 181, 190, 192-194; 196, 201
  of animals - 51
  of blood cells - 9
  of God - 47-49
  one track - 21
  real - 74
  subconscious (abnormal, soul, subliminal) - 21, 45, 51, 69-74; 116, 174
  superconscious - 74, 91, 92, 116
  the Builder - 9, 21, 28, 40, 42, 48, 71, 101, 107-110; 114, 160, 168, 190
  unconscious - 10, 74, 105, 114
mineral - see force; life; kingdom
mines - 136

ministers - 144, 146, 166
ministry - 26, 63, 79, 81, 118, 148, 169
of angels - 86
miracle - 85, 87, 174
mire - 81, 197
mirror - 113
mission - 14, 68, 86, 117
of Jesus - 42, 86
missionary activities - see Essenes
Mississippi (state of) - 28
moderation - 21; see also balanced life; longevity
Mohammadanism - 88
moles - 57
monarch - 141
money - 27, 194; see also gain, material
Mongolia - 125, 127
monkey - 49
monogamy - 66, 156, 160
monuments - 152; see also Egypt: Great Pyramid
moods - 93, 178
Moody, D.L. - 81, 82
moon - 189, 190; see also planets
full - 85
phases - 143
moonstone - 119
Morocco - 11
moralist - 88
mortality - 80, 94
Mosaic influence - see Hebrews: influence in Yucatan
Moses - 25, 83, 84, 93, 94, 168
law of - 85, 93
mother - 26, 73-76; 93, 121, 122, 133; see also Mary, Mother of Jesus
of Simon Peter's wife - 87
motion - 50, 113
motive (motivating or motivative) force - see force
motivation, mental - 1, 2, 21
Mt. Horeb - 13
mound(s) - 128, 132
mound builders (or dwellers) - 12, 163
mount, the - 26, 64, 132, 138, 146-148
mountain(s) - 12, 13, 25, 80, 94, 143, 147, 156, 171; see also Pyrenees
Caspian - 146
Caucasian - 146
mouth - 6, 19, 196
Mu - see Lemuria
mucous - 106
mucous membranes - 59, 72
muscles - 69, 103
eyes - 54
muscular force - see force
music - 54, 122
of the spheres - 66, 84
mutton tallow - 34
Muzuen - see Gobi
Myrrh (or myrh), Tincture of - 33, 55, 56, 188
mystery(ies) - 90, 167
Mystery of Mysteries - 132
mystic - 116, 124, 130

-N-

nail prints - 90
Name (or name), the - 97, 170, 171
of Christ - 87, 88, 98, 195
of a prophet - 165, 198
of the priest - 142
nasal - 59, 60, 104
Nashville - 8
nation(s) - 11, 14, 96, 125, 127, 130, 133, 139, 144-147; 159
five - 125, 127
nature - 58, 117, 118, 132, 149, 155
nausea - 4, 5, 37, 84, 111
Nazarenes - 77
Nazareth - 83, 86, 93
Nazarites - 77
nebulae - 113
necessity - see also atonement
material - 134, 135
of breathing - 9
neck - 33, 34, 36, 54, 61, 71, 159, 185, 186
needy, the - 172
negation - 39; see also sin(s)
negative - 101, 103; see also force
neglect - 100
negligence - 45
Nehemiah - 93
neighbor - 88, 98, 159, 197, 201
Neptune - see planets
nerve(s) - 23, 38, 44, 69, 92, 103, 105, 185
optic - 54
olfactory - 59
tissue - 92
nervous system - 23, 24, 43, 44, 70, 92

nervous system (cont.)
cerebrospinal or central - 4, 9, 54, 59-62; 71, 75, 105, 106, 175, 176, 187
sympathetic - 4, 9, 54, 59-62; 71, 72, 75, 105
reflexes - 24, 75, 100, 101, 105
neuritis - 70; see also tendencies: neuritic
New Jerusalem - 131
New Mexico - 162
New York - 179
newspaper - 81
nicity - 124
nicotine - 102
night air - 37, 38
Nile (or Nole) - 14, 125, 129, 132, 136
normal force - see force
North Country - 49
North Sea - 125
Northern Seas - 125
Norway - 125, 137
nose - 34, 60
nostrils - 33, 34, 60
Nubia - 141-143; 145, 146
memorials (Ra Ta) - 143
number(s) - 128
numerological - 123, 130, 150

-O-

oak - 184, 197
tanning - 10
oats, steel cut - 20
obedience - 193
obligations - 178
occult - 124, 130
ocean - 25
odors - 10
offense (military) - 156, 157
offenses - 96
offspring - 65, 153, 154
of Ra Ta - 141, 142
Og (Oz) - 12, 133, 137, 156, 162, 163
oil - see also Castor oil
coal - 56, 187
crude - 23, 24
of Eucalyptus - 60
of Sassafras - 57, 187
olive - 33, 54-56; 187, 188
peanut - 54, 109, 111
Russian White - 187
salad - 43
Old Testament - 94; see also Bible
olive branch - 200
olive oil - see oil
omens - 119
omission - see sin(s)
omnipotence - see power
omnipresence - 40
One-a-Day Tablets - 109
onions - 43, 82
onyx - 13, 136
opal - 136
opinions
of others - 124
of self - 193
opportunity - 1, 41, 63, 67, 80, 95, 108, 120, 153, 165, 172, 178, 180, 182, 194, 197
opposite - 2, 25
oppression - 76
optic - see eye(s)
optimism - 106, 118, 120
orange(s) - 54
juice - 43
order - 202
organism(s) - 127
human - 173, 176
organs
reproductive - 65, 176
of sensory system - 54, 60, 61, 75
ornament(s) - 145, 156, 157
orthodox - see faith
osteopathic - see adjustments, osteopathic
other side - 81
others (service) - 10, 13, 22, 26, 54, 63, 65, 71-74; 88, 95-97; 98, 103, 104, 108, 110, 118, 120, 124, 144, 148-150; 152, 153, 158, 165-167; 170, 172, 174, 178, 190, 191, 193-195
outer sphere - 48
Ovaltine - 43
overeating - 38, 109
over-indulgence - 100, 109
ox, sacred - 148
oxygen - 102
ozone - 44, 102

-P-

Pacific Ocean - 125
pacifist - 157
packs
Castor oil - 111, 112
Salts - 112, 188
pain - 112, 187, 188

palsy - 87
pancreas - 4, 8, 9, 105, 106
papyrus - see flowers
parents - 41, 72, 75, 99, 175, 183
Park Place Methodist Church - 95
Parkinson's disease - 74
Parthians - 78
passion - 81, 174
Passion of Jesus - 131
passover, second - 83
past, the - 50, 115
  dead - 168
Patapar paper - 43, 44
pathologist - 100
patience - 40, 64, 68, 74, 76, 97, 118, 123, 124, 152, 166, 171, 189
  of Christ - 74
  spirit of - 10
patriarchs - 110
pattern - 64, 82, 101; see also Jesus: The Pattern
  of soul - 40-42; 90, 95, 101, 154, 182
Paul - 68, 88, 165
paws - 140
peace - 26, 27, 66, 68, 74, 84, 94, 97, 125, 142, 143, 152, 156, 158, 166, 200, 202
  throne of - 194
peanut oil - see oil
pearls - 46, 119, 136, 198
pears - 43
peas - 43
pelvis (or pelvic area) - 55, 61, 69
pence - 160
Pennsylvania State Museum - 16, 17
peppers - 43
Peptotol - 4
perfection - 41, 42, 51, 115, 116, 170, 182
perseverance - 28
Persia - 136
persistence - 74, 76, 109
personality(ies) - 1, 13, 41, 46, 88, 141, 155, 177, 178
  of God - 95
Peru - 13, 125, 137, 162
pessimism - 21, 26, 118, 120
Peter - 25, 26, 85, 87, (96)
petition - see prayer
petrol - see oil: coal
Pharoah - 129
  Court of - 93
philosophy - 88, 158
  of E.C. readings - 1, 2, 4-12; 16-18; 21, 22, 25-32; 34, 39-42; 45-52; 54, 58, 63-110; 113-184; 189-202
physical - see body; development
physical fitness - 21, 22, 27, 28, 103, 104
physician - 76, 183
pine - 197
pineal - see gland(s)
pineapple - 43
  juice - 43
Pinex - 37
piper - 27
plane (or sphere) -
  cosmic - 45, 91, 169
  material or earth - 1, 5, 11, 13, 21, 25, 45, 48-51; 88, 91, 95, 103, 114-117; 120, 122, 124-128; 144, 147, 151, 168, 169, 173, 175, 177, 181, 183, 191, 196
  mental - 91
  soul - 91
  spirit - 126
planets - 1, 2, 41, 50, 90, 115-121; 123, 143, 189, 190
  Jupiter - 1, 2, 116-121; 123, 124, 130, 178
  Mars - 1, 2, 116, 119, 121, 178
  Mercury - 1, 2, 116-119; 121, 123, 124, 178
  Moon - 2, 121, 126, 127
  Neptune - 116, 121
  Pluto (or Septimus) - 2, 116
  Saturn - 1, 2, 116-118; 123, 124
  Uranus - 2, 116-118; 121, 123, 124, 130, 177, 178
  Venus - 1, 2, 116-118, 120, 121, 123, 124, 178
planting - 143
plasm - 35, 100
plastic - 10
Plato - 11
Platonism - 88
play - 22, 27
Pluto - see planets
pocketbooks - 63
poison(s) - 4, 9, 10, 34, 36, 111, 112
Polaris (or North Star) - 121, 130, 131
polarity - 25
  of blood cells - 10
poles (north and south) - 12
pollen - 9
polygamy - 65, 66, 160
Pond's cold cream - 57
Poseidia - 12, 16, 18, 137, 162

position - 193
positive - 101; see also force
possession - 7, 76, 178
posture - 107
potato - see Irish potato
power - 14, 16, 25, 27, 39, 68, 76, 79, 113, 114, 119, 125, 127, 141, 163-165; 168, 180, 193; see also force; might
for good - 96
God's omnipotence - 40, 47
group - 149
magnetic - 162, 165
of E.C.'s mind - 69
of forgiveness - 87
of Jesus, the Christ - 68, 79, 87, 89, 90
of prayer - 5
of suggestion - 72, 74, 75
of the divine - 71
power lines - 174
praise - 29, 97
prayer - 5-8; 58, 64, 73, 74, 87-89; 95, 96, 98, 110, 151, 153, 172, 174
answer - 97, 98
intercession - 5-6
long - 152
petition - 98
prayer book - 93
Prayer Group - 149, 151-154
preach(ing) - 68, 79, 81, 82
precautions - 122
precision, mathematic - 150
Prehistory - see Atlantis; Egypt; Gobi; Mayan
prejudice - 81, 197
preparation
Essene - 77, 78
of Mary - 77, 83
individual - 8, 26, 58, 73, 75, 80, 152, 194
of the way - 80, 81
prescriptionist - 60, 186
Presence
of Christ - 68, 73, 87, 88, 95, 108, 131, 201
of God - 1, 2, 87
of highest authority - 167
present, the - 115; see also age(s): present
preservative, artificial - 43
price, the - 100, 102, 118
priest of Salem - 93
priests - 138, 139, 141, 158-160; see also Egypt: the Priest
prince - 93
principle(s) - 65, 88, 101, 108, 171, 176, 179
active - 92
first - 113, 115
reproductive - 92
soul development - 92
prism - 92; see also Atlantis: firestone
privilege - 165, 174
problem(s) - 73, 74, 149, 202
procreation - 60, 65
prominence - 145, 148
promise - 8, 68, 73, 74, 84, 89, 93, 94, 95, 97, 166, 168, 169, 195, 196, 200
Promised Land - 85, 95, 130, 161, 162, 179
propagation - 125, 139, 173
of the work - 194
properties, medicinal - 22, 24, 44
prophecy - 86, 128-132; 135, 144, 146, 147, 150, 156, 159, 164
prophet - 27, 77, 135, 149, 155, 165, 198
Prophets, School of - 77
protoplasm - see cell(s)
prowess, physical - 127
prunes - 19
psalmist - 190
psychic, a - 174
psychic - 116
condition - 73
phenomena - 173-175; 192, 194, 198, 199
psychological
reactions - 9
thought and study (Atlantis) - 13
psychosomatic - 36, 62
puberty - 73
Pure Apple Vinegar - 187, 188
purgative - 185
purification (or cleansing) - 77, 100, 137, 141, 143, 151, 152, 170
of body - 54, 57, 112, 140, 151-154; 162
of desire - 6
of Mary - 85
of self - 16, 17, 153
of water - 12
purity, of body - 65, 66, 164

purpose (or aim) - 16, 17, 25, 26, 58, 64, 65, 67, 74, 75, 77, 78, 80, 83, 85-87; 89, 93-96; 105, 107, 108, 110, 118, 119, 123, 124, 129, 133, 136, 144, 149-156; 166-168; 171, 172, 178, 179, 182-184; 191-196; 199-202
of A.R.E. - 192
of creation - 40, 189, 190
pylorus - 44
pyramids - see Egypt, Mayan
Pyrenees - 11, 12, 14, 137, 159

-Q-

Quakers - 159
queen - see Egypt: Isis
quickening - 8, 64, 197

-R-

race - 40, 80, 94, 100, 143, 144, 146, 183; see also change: of the races
fifth root - 132
sub-race - 130
new - 77, 78
present - 143
pure - 134, 151
white - 127, 134
Ra Ta - see Egypt
Rachel - 86, 93
radial force - see force
radiation - 10, 15, 18, 75
radish - 43
radium - 156
ragweed - 59, 60
rain - 31, 102, 186
raisins - 43
ramie - 156
reading - 7, 22, 53, 93, 95; see also study
readings of E.C. - see sources: psychic, spiritual, work, the Edgar Cayce
reality - 50
reasoning - 2, 47, 51, 93, 103, 124
reasons (five) - 125
rebellion
in Egypt - 142, 150, 151
of souls - 114
recluse - 145
records - 179; see also Akashic records; Egypt: Hall of Records
recreation (re-creation) - 90, 135, 137, 139, 140, 144, 145, 148, 156
recuperation - 22, 43
recuperative force - see force
redemption - 97
reflex - 101; see also nervous system: reflexes
regeneration - 16, 80, 90, 132, 174
of Ra Ta - 144, 145
regret - 32
reincarnation - 1, 2, 11, 15, 16, 25, 40-42; 48, 52, 67, 74, 75, 80, 88, 93, 94, 99, 115, 117-120; 124, 173, 181-183
rejoicing - 89, 96, 131; see also gladness; joy
rejuvenation - 16, 102-104
E.C. - 171
Ra Ta - 152
relativity - 41, 47, 49-51; 98; see also force; law
of planets - 126
relaxation - 22, 27, 28, 34, 37, 38, 53, 62, 74, 107, 186
mental - 107
religion(s) - 88, 91, 160
remission (of sin) - 88, 97; see also forgiveness; repentance
renown - 32
repentance - 89; see also forgiveness; remission
representative(s)
of Christ - 87, 88, 118
of God - 128, 193
reproduction - see cells; principle(s): of reproduction
reproductive - see glands; force
reptile - 157
resentment - 8, 34, 36
resistance - 35, 107, 185
respiratory system - 9, 20, 44
responsibility - 63, 73-76; 103, 119, 190
positions - 145
rest - 22, 33, 76, 93, 98, 185
results (or fruits) - 104, 114, 153, 166, 192-194; 196
Resurrection - 90
retardation - 75
retardment - 123
retina - 53
Revelation - 94, 131
revelation - 150
reverie - 122
rheumatism - 109
rhubarb - 43
riddle - 82

right - 58, 101, 146, 191, 193
righteousness - 95
ritual
  Jewish temple - 78
  within self - 165
Roael, son of Zebedee - 85
robber - 88, 98, 168
robbery - 67, 166
robe of Christ - 90
rock of salvation - 97
Roman - 179
  calendar - 83
  law - 84
  tax - 84
Romans (Bible) - 7
Rome - 52
rose - see flowers
rose fever - 59
rote - 22, 71, 73, 89, 104, 107, 110
roughage - 38
routine - 110
rubs - 22, 34, 54, 71; see also massage
  alcohol - 33
  oil - 33, 109
  salt rum - 33
  vapor - 23
Russian White Oil - see oil
Ruth (Bible) - 78

-S-

sabbath - 83
sacral - 53, 54, 62, 162, 187
sacrifice - 7, 103, 126, 151, 154; see also Atlantis; Mayan: human sacrifice
sadness - 69
Sahara - 125, 132
Saint Germain - 170
saints, communion of - 25
Sal Hepatica - 112
salad - 43
salad oil - see oil
saline - 19, 112
salivary - see gland(s)
salt (or sodium chloride) - 38, 101, 156, 187, 188
  iodized - 43, 188
salvation - 97, 166; see also Jesus: the Way; Savior
Samuel - 77, 78
Saneid - 156
Sanka - 43
sarcophagi (Great Pyramid) - 131
sardis - 136
Satan - 80, 86, 94, 114; see also devil
Saturn - see planets
Savior - 84, 93, 155, 174, 182, 190, 201; see also Jesus: as intermediator
savior (personal) - 114
scalp - 23, 24, 61, 104, 109
scarab - 148
schism - 197
science - 145, 169, 189
scientific - 47, 93, 106, 172
scientists - 11, 136
scoff - 195
scolding - 71
scribe - 14, 93, 193
scripture - 66, 94, 114, 131, 163; see also Bible
sea(s) - 51, 80, 85, 90, 94, 136, 173
sea water - 16
season(s) - 59, 95, 106, 109, 125, 132, 141, 143, 179
seasoning - 111
seat, of the mighty - 172
Second Coming - 26, 79-82
sedative - 187, 188
seed - 125
  of spirit - 96, 176
  of truth - 95
seeking (or search) - 26, 27, 50, 51, 53, 63, 65, 70, 73, 76, 79, 81, 88, 95, 98, 131, 132, 134, 144, 149-151; 154, 167, 169-171; 174, 175, 181, 193-196; 198, 200-202
seer - 135, 137
select, the - 144
self - 2, 4, 10, 25-27; 29, 39, 42, 46, 47, 58, 63, 64, 66, 71-75; 80, 88, 89, 93, 95-98; 101, 104, 107, 108, 110, 114, 117-120; 122, 126, 144, 150, 153, 167, 168, 172, 174, 175, 191, 193, 194
  crucified - 171
  higher (better or God-) - 45, 66, 123
  inner - 7, 8, 10, 16, 17, 49, 64, 65, 71, 73, 94, 114, 133, 147, 157, 165, 166, 170, 178-182; 192, 193, 196, 197, 202
  mental - 107
  spiritual - 123

self-aggrandizement - 10, 16, 18, 26, 27, 29, 32, 178, 179
self-analysis - 22, 124, 166, 178, 182
self-condemnation - 58
self-control - 101, 107, 170
self-exaltation - 98
self-gratification - 26, 132, 165
self-indulgence - 29, 32, 39, 66, 100, 162, 178, 179
self-knowledge - 4
self-mastery - 28, 51
self-praise - 29
self-preservation - 127
selfishness - 81, 143, 162, 170, 197
selflessness - 87-89; 197; see also service
semi-conscious - 76
senility - 176
Senna - 34, 37, 185
senses - 51, 52, 134, 173, 176; see also sensory system
five - 125
sensory force - see force
sensory system - 33, 54, 61, 75, 92, 162
sentiment - 2
sentimentality - 2
serpent - 63, 114
servant(s) - 27, 63, 80, 94, 96, 144, 174
service - 8, 26, 27, 30, 63, 64, 71, 74, 77, 78, 87, 94, 103, 137, 139, 140, 152, 153, 166, 170-172; 181, 191-194; 201
highest - 64, 191, 193
of country - 181
religious - 162
sex - 12, 14, 58
change - 48, 182, 183
relationships - 65, 66, 77, 117, 138, 139, 141
sexual intercourse - 65, 77, 117, 139
shadow(s) - 32, 45, 201
of His love - 184
shame - 63
shampoo - 109
sheep - 45, 94, 96
shell (body) - 173
shellfish - 43
shepherds - 83, 84
shield - 119
shillings - 160
Shiloh - 93
Shintoism - 88
shack - 43, 61
shoe, misfitting - 56
shoulder - 36, 43, 187
shroud, of Christ - 90
Sicily - 137
sign - 167
zodiacal - 120
signposts - 120
silk - 156
silver - 63, 64, 108, 136, 156, 157, 191
Simeon - 85
sin(s) - 10, 39, 40, 65, 87, 89, 97, 98, 131, 171, 189, 194, 197, 198
of commission - 98
of omission - 98
sincerity - 29, 30, 31, 71, 76, 78, 89, 158, 167, 182, 192, 198
sinew - 100
singers - 141
singing - 82
sinner - 98
sinusitis - 185, 186
sister - 26, 87, 182
skin - 56-58; 109
animal - 9, 159
inner - 23
slang - 141
slave
to custom - 109
to habit - 109
to routine - 22, 109
sleep - 45, 71-73; 75, 76, 98, 116, 117, 122
smile - 109, 110
of Christ - 201
Smith (E.C.'s dream) - 82
smoking - 82, 178
snow - 31, 65
soap - 23; see also lye soap
soda - 35, 38, 101, 156
soil - 33
sojourns, planetary - 1, 2, 16, 40, 41, 117-124; 130, 178; see also Akashic records; influences, planetary
solar plexus - 24, 33
system - 92
solar system - 2, 40, 41, 51, 90, 113, 117, 121, 126, 130, 143, 147, 189

soldier - 181
Son of God - see Jesus
Son of Man - see Jesus
song - 27
Sons of Belial - 179
Sons of God - 80, 93, 94, 114, 153, 184, 189, 190
Sons of Men - 81, 171, 184
Sons of the Law of One - 179
Sons of the Most High - 133
soothsayers - 126
sorrow - 73, 89, 171
soul(s) - 1, 2, 6, 9, 10, 11, 16, 21, 25-27; 39-42; 45, 46, 48-51; 63, 64, 66, 69, 74, 80, 81, 87, 89-92; 94, 95, 97-99; 101, 107, 108, 115-118; 120, 121, 123, 124, 126, 130, 142, 143, 149-151; 153-155; 165, 166, 168, 171, 173, 178, 180-184; 189, 190, 197, 201
  of Christ - 80, 81, 93, 116
soul-sickness - 63
source(s)
  authoratative - 25
  higher - 127, 174
  of all knowledge - 169
  of all power - 90, 113, 114, 164
  of divinity - 25
  of earth - 172
  of E.C. readings - 17, 39, 40, 42, 52, 173, 194
  of income - 64
  of life - 174
  of light - 162
  of regeneration - 144
  of truth - 197
  physical - 144
  psychic - 11, 40, 167-176
  spiritual - 29, 39, 82
  universal - 65, 123, 174
  unseen - 124, 136
South Sea - 125
space - 15, 48, 50, 51, 90, 113, 116, 123, 189
speech - 70, 76, 142, 160, 171, 190
spheres (five) - 125; see also plane
Sphinx - 79; see also Egypt
spices - 160
spine - 5, 19, 23, 24, 33, 37, 53-57; 61, 112, 187; see also cervical; dorsal; lumbar; sacral
Spirit - 80, 88, 94, 152, 192, 194
  of One - 162
spirit - 21, 45, 51, 67, 68, 71, 80, 88, 90-92; 94, 96, 98, 101, 102, 108, 110, 114-116; 154, 160, 165, 183; see also force
  communion of - 25
  fruits of - 66, 113, 153, 166
  national - 146
  of light - 93
  of truth - 10, 25, 26, 45, 88, 91, 96, 174, 196
  oneness of - 71
Spirits Frumenti - 38
spiritual - 4, 7, 12, 21, 28, 64-66; 82, 99, 100, 102, 107, 120, 122, 137, 179, 183, 197; see also development; force; source(s)
spiritual things - 140
Spiritual Life Group - 95, 96
spirituality - 66, 74, 169
spiritualization - 152
spittle - 35, 103
spleen - 4, 8, 9, 105, 106
split, the - 104
spokesmen - 80, 94
sprains - 187, 188
spring - 65, 106
stable - 84
standard - 1, 2, 65, 173
  monetary - 168
star of nativity - 84
star(s) - 15, 50, 68, 113, 126, 143, 147, 189, 190
static - 103
steppingstone(s) - 118-120; 122, 178
sternum - 104
stiffness - 111
  prevention - 187, 188
stimulants - 4, 33, 38, 109
stomach - 4, 44, 54, 105, 111
  pump - 4
stone(s) - 16, 129, 130, 132, 162
  cut - 160
  precious - 136
stone carvers - 148
stonecutters - 136
storehouses - 63, 137; see also Egypt: Hall of Records
  common - 159, 160
storm - 31
story
  of nativity - 83, 84

strain (nerve) - 54, 69, 70, 99
strains - 143, 187, 188
strength - 22, 25, 30, 65, 68, 71, 72, 89, 93, 107, 109, 116, 143, 193, 197, 201
brute - 47
strep - 35
stress - 62, 68, 70, 99, 101
strife - 97, 142, 143, 189
structural force - see force
structure, atomic - 150
strychnine - 187
Stuart, George - 81
study - 7, 13, 47, 63, 65, 76, 93, 95, 99, 107, 108, 118, 123, 124, 126, 127, 134, 149, 150, 173, 175, 180, 183, 198, 202
study group - 198, 202
stumbling-blocks (or stones) - 26, 83, 118, 120, 178
subconscious - see mind
success - 27, 29-32; 63, 64, 142, 168, 180
suffering - 40, 193, 201
sugar - 5, 60
suggestion(s) - 9, 10, 45, 65, 69-76
auto - 71
for balance - 22, 69, 70
positive - 69-71; 73
post-hypnotic - 76
suggestive force - see force
suggestive therapy - 9, 10, 69, 71-75; see also hypnosis
Sugrue, Thomas - 39, 83
sulphur - 57
summer - 19
sun - 15, 20, 40, 117, 126, 127, 143, 148, 189, 190
rays - 13, 132
sun spots - 189, 190
sun worship - 189; see also Atlantis
suns - 113, 189
sunshine
beneficial exposure - 20
harmful exposure - 20
superconscious mind - see mind
superior minds - 202
supersensitive - 76
surgery - 62, 154, 188
survival of the fittest - 47, 48
sustenance - 3, 46, 49, 72, 135
sweats - 22, 33, 186
sweet - 201
sweets - 106
swelling(s) - 187, 188
swine - 46, 198
sword - 119
symbol(s) - 126, 148, 152, 166; see also emblem
Syria - 87
Syrup of Figs - 34

-T-

tabernacle - 16
tablets
slate - 128
stone - 128, 193
tails - 132, 140, 152
talents - 28, 63, 108, 180, 181
taste (normal) - 74
tea - 111
Mullein - 9
Saffron - 9
teacher(s) - 88, 93, 104, 129, 146, 149, 157, 174; see also Jesus: teacher of teachers
teaching - 66, 71, 78, 81, 88, 104, 124, 150, 156, 193
of Christ - 151
tears - 166
of appreciation - 27
teeth - 112, 185
formation of - 19, 20
telegraph - 157
telepathy (Atlantis) - 13
temperament - 98
temperate - 161
temperature
body - 185, 187
changes - 35
temple (head) - 186
temple(s) - Jewish: 77, 78, 85; see also Atlantis; Egypt; Gobi; Mayan
temptation - 80, 94, 96, 179
Ten Commandments - 193
tendencies
alkaline - 104
allergic - 60
arthritic - 111
diabetic - 5, 6
for glandular excess - 57
for kidney condition - 6
neuritic - 111, 112
spiritual - 100, 101
to dream - 107
tumor - 53

tendons - 188
tenets - 39, 63, 93, 95, 157, 162, 193
tension - 54, 105, 112, 188
tents - 126, 128
test(s)
  physical - 35, 101, 103, 104
  spiritual - 86, 87
theosophy - 93
Theraputae - 77
There Is A River - 39
Thesea - 78
thief - 88, 98, 168
things - see automatons; material things; spiritual things
think - 54, 64, 71, 72, 93, 94, 96, 99, 103, 109, 174; see also thought
thought - 22, 69, 71, 72, 77, 80, 89, 93, 105, 110, 113, 114, 124, 133, 178, 190, 191, 197, 200
  continuity - 68
  crystallization - 110
  line of - 25, 121, 123
  religious - 88, 93, 129
thoughtfulness (spirit of) - 160
thought-projection - 12, 133
thousand hills - 108
throat - 19, 33, 34, 37, 53, 59-62; 104
throne - see Grace; mercy; peace
thumb - 112
thyroid - see gland(s)
Tibet - 125-127
tides - 143, 179
time - 12, 14, 45, 48-51; 66, 75, 76, 79, 83, 95, 107, 113, 115, 123, 126, 129-131: 136, 152, 158, 161, 163, 173, 184, 189
  of birth - 120, 183
tin - 136
tinnitus (head noise) - 61, 62
tissue - 33
  eye - 53
  facial - 61
  muscular - 187
  nerve - 92
toad - 27
tobacco - 81, 102
  juice - 82
toe(s) - 55, 56, 104, 156, 187
toenail, ingrown - 56
tolerance - 200
tomato(es) - 6, 43, 44
  juice - 53
topaz - 13
Toris Compound - 61
Torrid Region - 49
towels - 188
Tower of Babel - 190
toxic - see force; poison(s)
tradition, Jewish - 85
train
  E.C.'s dream - 81, 82
  electric - 62
training - 71, 122
  children - 197
transfiguration of Christ - 25
transformation - 90
transmutation - 90
trash - 190
travel - 119, 124
treatment(s) - 21, 76; see also adjustments, osteopathic; appliance, electric
  cleansing - 111
  institutional - 8
  magnetic - 76
  neuropathic - 106
  radiation - 103, 104
  sinusoidal - 71
  ultra-violet - 76
tree(s) - 22, 182, 184, 192, 197
trespasses - 97
tribe (or clan) - 140; see also Ephraim, tribe of
tropical - 161
trouble(s) - 75, 112, 202
trust - 7, 74, 120, 138, 179, 190
truth(s) - 7, 10, 13, 26, 45, 46, 63, 66, 68, 80, 91, 94, 95, 99, 113, 114, 148, 163, 166, 168, 169, 172, 193, 195-197; 200, 202
tumor - 152, 154, 201
tunnel (E.C.'s dream) - 82
Turkish Bath - 33
turmoil - 138, 142, 151, 180, 189, 190
Turpentine, Spirits of - 34, 38

-U-

Uhjltd - 40
ultra-violet - see treatments
umbilicus - 24

undereating - 109
understanding - 4, 40, 47-49; 51, 52, 58, 63, 65, 68, 80, 88, 114, 117-120; 122, 125-128; 130-132; 140, 150, 154, 168, 170, 173, 175, 176, 179, 180, 189, 195, 196, 198
group - 125
new - 131
unfoldment - 1, 42, 93, 117, 184
Unquentine - 187
union - see force; purpose
unit - 1, 104, 195
United States - 16, 162, 163
unity - 153, 156
universal - see force; law; source(s)
universe - 1, 11, 40, 51, 64, 92, 113, 119, 148, 150, 177, 189, 190,
unjust, the - 190
unkindness - 81, 201
unseen - see force; source(s)
upheaval - 129-131; 161, 162
Upper Room - 90
Ur - 130
Uranus - see planets
urea - 43, 187
urge(s) (or inclinations) - 99-101 113, 128, 150, 158
astrological - 117, 120-123; 178
biological - 65
urine - 35, 104
usefulness - 58
Utah - 125

-V-

vaccination - 20
vagus - see centers: nerve
Valley of the Shadow - 128
Valley of Tombs - 125
vapor - 189
vaseline, white - 23, 109
vegetables - 6
green - 43
leafy - 111
nightshade - 4
raw - 43, 54
veins, varicose - 104
velocity - 92
vengeance - 197
Venus - see planets
vibrations - 15, 24, 37, 43, 44, 52, 53, 55, 59, 60, 62, 64, 70, 71, 84, 92, 96, 103, 106, 113, 116, 119, 168
vibrator - 37, 38
vice - 81
vine - 184, 197
the - 50
vinegar - 43; see also Pure Apple Vinegar
violet ray - 24, 53, 57, 76
Virginia Beach - 168
virtue - 40, 42, 174, 176, 178, 181
vision(s) - 45, 46, 58, 79, 107, 135, 158, 171, 174-176
of eyes - 53, 54, 74
visitation - 137, 145
visualization - 64
vitality - 65, 92, 107
vitamins - 20, 43, 53, 60, 101
D - 20
voice - 74
God-given - 27
of God - 190
of Jesus - 90, 169
transmission - 157
within - 93
voices - 174, 175
vomit - 197

-W-

walking - 22, 55, 102
wantonness - 98
war - 131, 141, 170, 190
warning - 5, 27, 29, 30, 46, 93, 156, 158, 180
warts - 154
Washington (D.C.) - 16
water - 20, 72, 85, 87, 101, 111, 122, 159, 186-188
accumulation - 188
as mother of creation - 90, 126, 127
distilled - 23, 59
drinking - 61, 186
hot - 38, 188
in blood - 35
living - 153
the - 50
Way, the (way or ways) - 26, 42, 63, 74, 80, 81, 94, 95, 97, 98, 114, 118, 168, 174, 192, 195-197; 200-202; see also Jesus the Way
individual - 120
sure - 166
weak, the - 171, 172

weakness - 8, 30, 53, 89, 93, 98-100; 110, 138, 141, 144
weal - 67, 167
wealth - 89; see also gain, material
weary - 96
weavers - 141
wedding in Cana - 85, 87
  date - 85
wens - 154
west - 110
West Coast - 28
wheat
  cracked - 20
  germ - 60
  whole - 43
whiskey - 33
whistle (E.C.'s dream) - 82
whit, every - 73
white - 82
wilderness - 80, 86, 87, 94
will - 7, 8, 21, 41, 42, 47-49; 51, 64, 88, 89, 114, 115, 117, 123, 152, 182; see also at-one-ment; force
  destruction of - 7, 8
  of God - 26, 64, 80, 88, 89, 91, 182, 183
  of the Master - 84, 91, 115, 116
will o'the wisp - 174
wing(s) - 132, 152
winter - 65
wisdom - 67, 96, 107
wise, the - 27, 93
  worldly - 83
wise men - 125, 145; see also Essenes
Witchhazel - 187
witness - 165, 166
woe - 67, 96, 116, 167
wolf - 45, 46, 52
woman - 1, 27, 48, 65, 66, 77, 138, 146, 147
womb - 175
wood(s) - 22, 31, 90, 156, 159
word(s) - 25, 46, 70, 89, 119, 172, 192, 196
  cross - 190
  harsh - 201
  idle - 197
  of another - 193
  of life - 97
  of Jesus Christ - 90, 168, 170, 174
  of truth - 63, 168
  unkind - 63, 84
  written - 79
work - 27, 28, 68, 76, 95, 171, 194
  of Christ - 87, 168, 170, 171, 174
Work, the Edgar Cayce - 70, 113, 125-128; 135, 144, 147, 149-152; 167-173; 175, 191-202
works of God - 169, 171, 193
world - 25, 29, 39, 68, 74, 77, 79, 80, 89, 96, 108, 126, 129, 144, 147, 176
  animal or carnal - 132
  material - 11, 21, 48, 63, 66, 83, 86, 91, 92, 95, 114, 115, 119, 120, 130, 152, 167, 168, 170, 173-175; 197; see also plane: material or earth
  mental - 21
  of unconsciousness - 175
  spiritual - 92
worlds - 113
worry - 110, 185
worship - 32, 65, 80, 91, 93, 94, 136, 137, 139, 140, 159, 162, 189, 194
  idol - 64
worth - 168
wrath - 116, 119, 160
wrist - 55
wrongs - 97

-X-

Xerxes - 130

-Y-

Yellow Label Yeast - 53
Yucatan - 11, 16, 161-163

-Z-

zeal - 79
zealousness - 81
Zebedee - 85
Zerubbabel - 93
zinc - 136
Zu - 130, 133

A·R·E
press

Introduction

The ability of Edgar Cayce to give detailed information on *any* subject while under self-hypnosis is a startling phenomenon in itself, regardless of whether the information has been checked for accuracy. When an unprejudiced investigation shows that the information is readily verifiable in many of its broad areas, the reader is further intrigued by the possibility that the source of information may be reliable in all areas of inquiry.

In addition to being of an unusual nature and capable of being verified, the Cayce phenomenon has another aspect that, for practical purposes, is probably the most important: For over 14,000 readings *all* the clairvoyant's hypnotic discourses were witnessed, transcribed verbatim and filed in a systematic manner. The result was the accumulation of a vast file of psychically-obtained information for future study and analysis—an estimated 60,000, single-spaced, typed sheets.

During the four decades during which Mr. Cayce's discourses were thus recorded, he was under almost constant investigation—by those who wish to prove, disprove or merely use his information. Ceaseless interrogation produced answers to many perennial questions. So the Cayce records, as a whole, represent an exhaustive commentary on life in all its aspects.

The primary function of the Edgar Cayce Foundation, which has custody of the Cayce files, is the indexing of the records in such a way that the information on any specific subject may be readily accessible, whereas the Association for Research and Enlightenment, Inc., the membership organization, assists individuals and groups in their study, analysis and discussion of this psychic information. The purposes of the A.R.E. Press are to supply the demands of the membership and public at large for literature based upon the Cayce records, and to assist authors and commercial publishers in the production of literary works relating to the Cayce phenomenon.

Since the advantage of Association membership, as specified in the organization's charter, is full access to the Edgar Cayce records, the publishing of a member's INDIVIDUAL REFERENCE FILE was a long-time goal. The fortunate combination of accelerated extracting, adequate funds and growing membership has made this service possible. The indexing of the Cayce files is not yet complete on any specific subject—nor are all possible subject headings included in this group. The extracts in this volume represent a preliminary cross-section of the data indexed to date. Subsequent volumes have since been issued under the title *I.R.F. Supplements* and are available to members from the A.R.E. Press.

NOTE:

None of the extracts included in this file are presented as sectarian teachings or as prescription for the treatment of diseases. The intention is rather to show the variety and point of view of psychic information obtained by individuals in the course of Edgar Cayce readings on their personal problems and questions. Application of medical information found in the Cayce readings should be undertaken only with the advice of a physician.

For a list of suppliers and sources of hard-to-get items found in the INDIVIDUAL REFERENCE FILE write to: Membership Services, A.R.E., Box 595, Va. Beach, VA. 23451.